

LPAC Timetable
Timetable runs 25 December to 31 December



	Monday 25/12	Tuesday 26/12	Wednesday 27/12	Thursday 28/12	Friday 29/12	Saturday 30/12	Sunday 31/12
6:00am	XMAS DAY GYM CLOSED	Boxing Day Public Holiday Gym opens 6am	Body Pump	Body Pump	HCT RPM	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
7:00am			GRIT		Hatha Yoga Fit 30: RPM Aqua DW	RPM Hatha Yoga	
7:15am							
7:30am		Strong Seniors	Strong Seniors		Strong Seniors		
8:00am				Lite Pace Aqua PP		Cardio Boxing	Cycle
8:30am			Total Body Seniors		Total Body Seniors		
9:00am		Aqua SW		Aqua DW		Body Pump	Total Body Seniors Aqua Olympic Pool
9:30am		Body Combat	Body Pump Cycle Aqua SW	Vinyasa Yoga Cycle	Body Pump Cycle Aqua DW	RPM	Body Combat
10:00am		Aqua DW				Pilates Aqua DW	Aqua DW
10:30am				Pilates	Body Combat		Pilates
11:00am			Active Seniors				
11:30am		Vinyasa Yoga					
12:00pm		Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP		
12:30pm		Boxing Day Public Holiday Gym closes 7pm					
1:00pm							
4:30pm						Aqua SW Cycle	
5:30pm			Body Pump	GRIT Cycle	Body Pump		
6:00pm							
6:30pm							
7:30pm							

Bayside Studio
 Functional Training Zone
 Mind Body Studio
 Seniors
 Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP or Hydro = Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. All classes are 55 minutes in duration, including cleaning and pack up. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes. www.innerwest.nsw.gov.au