

AAC Timetable valid from 16 February 2026 – 17 May 2026



	Monday	Tues	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 AM	BODY BALANCE S1	BODY PUMP S1	HCT S1	BODY PUMP S1	BODY BALANCE S1		
7.00 AM	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	BODYCOMBAT S1
7.15 AM	HCT S1	POWER PILATES S1	BOXING S1	PILATES S1	BODY COMBAT S1	POWER PILATES S1	
8.00 AM	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP		YOGA S1
8.15 AM	PILATES S1	BOXING S1	TAI CHI S1	BODY BALANCE S1	KETTLEBELLS S1	BODY PUMP S1	
8.30 AM	FIT30: HIIT GF	FIT30: STRETCH & MOBILITY S3	FIT30: BOOTCAMP G	FIT30: STRETCH & MOBILITY S3	FIT30: HIIT GF	FIT30: STRETCH & MOBILITY S3	FIT30: CORE S3
9.15 AM	BELLY DANCE S1	ZUMBA S1	BODY PUMP S1	BOXING S1	PILATES S1	ZUMBA S1	BODY PUMP S1
	DEEP AQUA OPP		DEEP AQUA OPP		DEEP AQUA OPP	TAI CHI	DEEP AQUA OPP
10.00 AM	FIT 30: CORE S3	FIT30: HIIT GF	FIT 30: CORE S3	FIT 30: HIIT GF	FIT30: STRETCH & MOBILITY S3	FIT30: HIIT GF	FIT30: STRETCH & MOBILITY S3
10.15 AM	DEEP AQUA OPP	DEEP AQUA OPP	DEEP AQUA OPP	DEEP AQUA OPP	DEEP AQUA OPP	PILATES S1	BODY BALANCE S1
	HATHA YOGA S1	VINYASA YOGA S1	POWER YOGA S1	DANCE S1	BODY PUMP S1		
11.30 AM	STRONG SENIORS S1	ACTIVE SENIORS S1	STRONG SENIORS S1	ACTIVE SENIORS S1	STRONG SENIORS S1	BODY COMBAT S1	
12.00 PM		FIT30: SENIORS S3					
12.30 PM	BOXING S1	SENIORS & GENTLE AQUA IPP	DANCE S1	HCT S1	SENIORS & GENTLE AQUA IPP		
		KETTLEBELLS S1			HATHA YOGA S1		
1.30 PM			ACTIVE SENIORS S1				
4.00 PM						FIT 30: CORE S3	FIT 30: HIIT GF
4.30 PM	FIT 30: HIIT GF	FIT 30: CORE S3	FIT 30: HIIT GF	FIT 30: CORE S3	FIT 30: STRETCH & MOBILITY S3		VINYASA YOGA S1
5.30 PM	VINYASA YOGA S1	PILATES S1	BOXING S1	FUSION YOGA S1	BELLY DANCE S1		
6.00 PM	FIT 30: STRETCH & MOBILITY S3	FIT 30: HIIT GF	FIT 30: CORE S3	FIT 30: HIIT GF	FIT 30: HIIT GF		
6.30 PM	BODY PUMP S1	BODY COMBAT S1	BODY PUMP S1	ZUMBA S1	YOGA S1		
7.15 PM	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP	SHALLOW AQUA IPP			
7.30 PM	ZUMBA S1	BODY PUMP S1	BODY BALANCE S1	BODY COMBAT S1			

Location Key: **S1** = Main Studio **S3** = Stretch Studio **G** = The Green (outdoors) **GF** = Gym Floor **IPP** = Indoor Program Pool **OPP** = Outdoor Program Pool **50P** = 50m Pool

High Intensity	Aqua	Mind/Body	Seniors	30 min FIT	Dance
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Timetable shows class start time not duration. Classes are 55 minutes unless specified otherwise, including cleaning and pack up. Due to unforeseen circumstances instructors may change from time to time. Bookings are essential and open 5 days and 1 hour prior to the class start time. Cancellations can be made until 1 hour before the class start time. All participants must arrive no later than 5 minutes after class commences. Timetable is subject to change, please refer to our website for all timetable changes. www.innerwest.nsw.gov.au/aquatics

Aqua Classes

Shallow Water Aqua – Low impact shallow water cardio and strength workout suitable for all fitness levels, including beginners.

Deep Water Aqua – Non-impact deep water cardio and endurance class ideal for confident swimmers wanting a joint friendly workout.

Seniors & Gentle Aqua – Low intensity aqua for seniors, beginners, or those with mobility concerns seeking confidence and gentle movement. Duration is 45 minutes.

Les Mills Classes

BodyBalance – Yoga, Tai Chi and Pilates inspired class suitable for all levels wanting strength, flexibility and calm.

BodyCombat – High energy martial arts inspired cardio for anyone wanting a tough, empowering, non-contact workout.

BodyPump – Barbell based choreographed strength class ideal for all levels who want full body toning and endurance.

High Intensity Classes

Boxing – Technique based and high energy boxing fitness suitable for all levels, including complete beginners.

Cardio Boxing – Boxing combinations and cardio workout ideal for anyone seeking a high intensity workout.

HCT – Hard Core Training – High intensity mix of cardio and strength training for all fitness levels.

Kettlebells – Strength and conditioning using kettlebells, suitable for beginners through to advanced users.

Mind Body Classes

Yoga (Hatha) – Steady posture and breath-based yoga suitable for all ages and abilities.

Yoga (Vinyasa) – Flowing breath linked yoga ideal for all levels wanting strength, balance and mobility.

Fusion Yoga – Multi style yoga suitable for everyone, especially those wanting alignment and stress relief.

Yoga – Balanced multi style yoga suitable for all levels wanting strength, stretching and relaxation.

Pilates – Core focused strength and mobility suitable for all levels seeking posture, alignment and balance.

Power Pilates – Advanced Pilates class for those with some experience wanting increased challenge.

Tai Chi – Slow, flowing movements suitable for all ages and abilities seeking balance and calm.

Fit 30 Classes (30-minute duration)

Fit 30 Bootcamp – Quick outdoor circuit for moderate to advanced fitness levels wanting a tough workout.

Fit 30 Core – Short targeted core training suitable for all levels, including beginners.

Fit 30 HIIT – High intensity strength and cardio interval training, suitable for all fitness levels.

Fit 30 Seniors – Gentle workout perfect for beginners, older adults, and those easing into exercise.

Fit 30 Stretch & Mobility – Quick stretch and mobility session suitable for everyone, including beginners.

Seniors Classes

Seniors Total Wellbeing – Full body conditioning including balance and coordination, suitable for seniors and beginners.

Strong Seniors – Strength, balance and cardio class designed for beginners and seniors maintaining fitness and bone health. Class includes 25-minute cycle component.

Zumba Gold – Low impact Zumba designed for seniors and beginners wanting balance, coordination and fun cardio at an easy pace.

Dance

Bellydance – Fun expressive dance class suitable for all levels from beginners to advanced.

Dance – Learn a new dance style each session; suitable for all levels wanting fun movement and expression.

Zumba – High-energy dance cardio ideal for anyone wanting upbeat, accessible fitness.