

AKAC Timetable valid from 16 February – 17 May 2026



	Monday	Tues	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 AM		ADULT SWIM FIT		ADULT SWIM FIT			
6.15 AM	VINYASA YOGA	BOOTCAMP GF	BOOTCAMP GF	BOXING GF			
6.30 AM	FIT 30: HIIT GF				FIT 30: HIIT GF		
7.00 AM		SHALLOW AQUA		SHALLOW AQUA	POWER YOGA	SHALLOW AQUA	
7.15 AM	VINYASA YOGA	PILATES	FUSION YOGA	PILATES			
7.30 AM	DEEP WATER AQUA	FIT 30: HIIT GF	FIT 30: HIIT GF	FIT 30: HIIT GF		BOOTCAMP GF	
8.00 AM						SHALLOW AQUA	HATHA YOGA
8.15 AM						TAI CHI OD	
8.30 AM	SHALLOW AQUA STRENGTH ON THE BALL	STRETCH	SHALLOW AQUA STRETCH	STRENGTH ON THE BALL	SHALLOW AQUA PILATES	ZUMBA CARDIO BOXING OD	
9.00 AM		FIT 30: STRENGTH & CORE GF					FIT 30: HIIT
9.30 AM	SHALLOW AQUA PILATES	SHALLOW AQUA STRENGTH & AEROBICS	SHALLOW AQUA ZUMBA CARDIO BOXING OD	AQUA ZUMBA STRETCH	SHALLOW AQUA ZUMBA	POWER PILATES	ZUMBA
10.00 AM	FIT 30: HIIT			FIT 30: HIIT SENIORS	FIT 30: STRENGTH & CORE		
10.15 AM						AQUA ZUMBA	
10.30 AM	STRETCH	PILATES FIT30: ACTIVE SENIORS	STRONG SENIORS	DEEP WATER PILATES	STRETCH	FUSION YOGA FIT 30: HIIT	ZUMBA FIT 30: STRENGTH & CORE
11.30 AM	STRONG SENIORS	ZUMBA	STRENGTH & AEROBICS	SENIOR'S TOTAL WELLBEING	STRONG SENIORS	ZUMBA GOLD - SENIORS FIT 30: STRENGTH & CORE	FIT30: STRETCH/MOBILITY SHALLOW AQUA
11.45 AM							
12.15 PM	WARM WATER AQUA			WARM WATER AQUA			
12.30 PM	ZUMBA GOLD - SENIORS		FIT30: STRETCH/MOBILITY		FIT 30: HIIT	FIT30: STRETCH/MOBILITY	
1.00 PM		WARM WATER AQUA	WARM WATER AQUA				
4.30 PM						HATHA YOGA	FUSION YOGA
4.45 PM							FIT 30: STRENGTH & CORE
5.00 PM	STRENGTH & AEROBICS		PILATES	POWER BAR	FIT 30: STRENGTH & CORE		
5.30 PM	FIT 30: HIIT	FIT 30: HIIT	FIT 30: HIIT		POWER BAR	FIT 30: HIIT	FIT30: STRETCH/MOBILITY
6.00 PM	PILATES		POWER BAR	VINYASA YOGA C	SHALLOW AQUA		
6.30 PM	FIT 30: AQUA RUNNING	ZUMBA	FIT 30: STRETCH C	DEEP AQUA FIT 30: HIIT	PILATES		
6.45 PM		FIT 30: STRENGTH & CORE					
7.00 PM	ZUMBA		ZUMBA	FIT30: STRETCH/MOBILITY	FIT 30: HIIT		
7.15 PM				WARM WATER AQUA STRETCH			

Location Key: GF = Gym Floor C = Creche OD = Outdoor Deck PP = Program Pool 50P = 50m Pool

High Intensity	Aqua	Mind/Body	Seniors	30 min FIT30	Dance	Fanny Durack Aquatic Centre
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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.

Aqua Zumba – Fun dance based water workout suitable for all levels who enjoy upbeat cardio in the pool.

Warm Water Aqua – Gentle mobility and strength in warm water heated to 31-32°C, ideal for beginners, rehab, and anyone seeking gentle exercise. Duration is 45 minutes.

Warm Water Aqua Stretch – Slow stretching in warm water suited to non-exercisers, beginners, and those wanting improved mobility.

Aqua Running – Low impact water running class for all fitness levels wanting cardio, strength and a joint friendly workout.

High Intensity Classes

Bootcamp – Tough circuit-style workout for all fitness levels, with strength, cardio and interval training components. Classes may be indoors or outdoors.

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.

Power Bar – Weighted and bodyweight cross training ideal for anyone wanting a full body strength challenge.

Strength & Aerobics – Fun aerobic and strength mix including light weights, suitable for all levels seeking an energetic full body workout.

Strength on the Ball – Swiss ball based strength class suitable for all levels wanting stability, balance and core work.

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.

Power Yoga – Advanced yoga class for participants with prior experience or good general fitness.

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 Aqua Running – Fast water running session suitable for all levels wanting low-impact joint friendly cardio.

Fit 30 Active Seniors – Low to moderate intensity class ideal for seniors or participants looking to build strength, balance and confidence.

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

Fit 30 HIIT – Seniors – Adapted interval training suitable for seniors or participants seeking gentle cardio, balance and stamina training.

Fit 30 Strength & Core – Short strength and core session suitable for all levels wanting efficient training.

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

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