

LPAC Timetable valid from 29 June – 16 August 2026



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00am	BODYPUMP B Cycle F	HCT B RPM F	BODYPUMP B RPM F	BODYPUMP B Cycle F	HCT B RPM F		
7.00am	Hatha Yoga B	Pilates B FIT30: RPM F Stretch & Meditation M			Hatha Yoga B FIT30: RPM F	Hatha Yoga B RPM F	
7.15 am				Power Pilates B			
7.30am	Strong Seniors F B Shallow Aqua Indoor PP	Strong Seniors F B	Strong Seniors F B Shallow Aqua Indoor PP		Strong Seniors F B Shallow Aqua Indoor PP		
8.00am		Shallow Aqua Indoor PP	Vinyasa Yoga M	Shallow Aqua Indoor PP		Cardio Boxing B	Cycle F Pilates B
8.30am	Active Seniors B	Strong Seniors F B	Total Body Seniors B	Strong Seniors F B	Total Body Seniors B		
9.00am	FIT30: Stretch & Mobility M	FIT30: Stretch & Mobility M	FIT30: Core M	FIT30: Stretch & Mobility M	FIT30: Stretch & Mobility M	BODYPUMP B Move Well M	Total Body Seniors B
9.30 am	BODYPUMP B Cycle F	BODYCOMBAT B Cycle F Move Well M	BODYPUMP B Cycle F	Vinyasa Yoga B Cycle F Move Well M	BODYPUMP B Cycle F	RPM F	
10.00am						Pilates B	Ashtanga Yoga 90min M BODYCOMBAT B
10.30am	BODYBALANCE B	BODYPUMP B		Pilates B	BODYCOMBAT B	FIT30: HIIT F	
11.00am	FIT30: HIIT F	FIT30: HIIT F	FIT30: HIIT F Active Seniors B	Strong Seniors F B	FIT30: HIIT F		Pilates B
11.30am	Active Seniors B	Vinyasa Yoga B			Active Seniors B	Tai Chi B	
11.45am							Meditation M
12.00pm	Senior & Gentle Aqua PP FIT30: HIIT F	Senior & Gentle Aqua PP	Senior & Gentle Aqua PP FIT30: HIIT F Zumba B	Senior & Gentle Aqua PP FIT30 HIIT F Active Seniors B	Senior & Gentle Aqua PP FIT30: HIIT F		
12.30pm			Pilates M		Pilates B		
1.00pm	Senior & Gentle Aqua PP		Senior & Gentle Aqua PP		Senior & Gentle Aqua PP		
4.30pm						Vinyasa Yoga B Cycle F	
5.00pm							BODYPUMP B
5.30pm	BODYCOMBAT B Hatha Yoga M	BODYPUMP B	BODYPUMP B	Cycle F	BODYPUMP B		
6.00pm	FIT30: HIIT F		FIT30: HIIT F		FIT30: HIIT F		
6.30pm	Cycle F Pilates B	Cycle F BODYBALANCE B	Cycle F Hatha Yoga B	BODYBALANCE B	Hatha Yoga B		
7.30pm	Zumba B						

Location Key: **B** = Bayside Studio **F** = Functional Training Room **M** = Mind Body Studio **DP** = Dive Pool **50P** = 50m Pool **PP** = Program Pool

High Intensity	Cycle/RPM	Aqua	Mind/Body	Seniors	30 min FIT30	Dance
----------------	-----------	------	-----------	---------	--------------	-------

Aqua Classes

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

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.

RPM – Low impact high intensity indoor cycling class suitable for all fitness levels.

High Intensity Classes

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

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

Cycle – Indoor cycling class suitable for all levels seeking strong cardio and leg conditioning. Duration is 45 minutes.

Mind Body Classes

Yoga (Ashtanga) – Dynamic, structured yoga suited to regular practitioners seeking stamina, heat and focus. Duration is 90 minutes.

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.

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

Meditation – Guided mindfulness suitable for all levels seeking stress reduction and mental clarity.

Move Well – Stretch and mobility class ideal for anyone wanting improved posture function or reduced stiffness.

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 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 RPM – Short and intense cycle workout suitable for all fitness levels.

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

Seniors Classes

Active Seniors – Gentle class suitable for beginners and older adults wanting confidence, strength and mobility.

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

Total Body Seniors – Strength, core, balance and stretching ideal for seniors and beginners wanting a full-body routine.

Dance

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