AAC Timetable valid from 17 August 2026 – 15 November 2026

	Monday	Tues	Wednesday	Thursday	Friday	Saturday	Sunday
6.00AM		SHALLOW AQUA **IPP**	SHALLOW AQUA **IPP**	SHALLOW AQUA **IPP**	SHALLOW AQUA **IPP**		
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**	PILATES **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: CORE **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**		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: HIIT **GF**
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**	KETTLEBELLS **S1**	
12.00 PM		FIT30: SENIORS **S3**		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**		
					BOXING **S3**		
1.00PM						SHALLOW AQUA **IPP**	SHALLOW AQUA **IPP**
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 & MOBLITY **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

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**

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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.

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