

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
6:15 AM	FX30		FX30		FX30		
7:00 AM						CARDIO BOXING	
8:00 AM						LES MILLS BODYATTACK	
8:30 AM							
9:00 AM						LES MILLS BODYPUMP	
9:30 AM	STEP	LES MILLS BODYPUMP	FX30	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		
10:00 AM						LES MILLS BODYCOMBAT	
10:30 AM			TABATA				LES MILLS BODYPUMP
11:30 AM	TABATA						
12:00 PM						ZUMBA fitness	
12:30 PM	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYPUMP			
1:00 PM						STEP	
4:00 PM							LES MILLS BODYCOMBAT
4:30 PM	ZUMBA fitness	LES MILLS BODYPUMP					
5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	CARDIO BOXING	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
6:30 PM	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYCOMBAT		
7:30 PM	CARDIO BOXING	ZUMBA fitness	LES MILLS BODYCOMBAT	ZUMBA fitness	ZUMBA fitness		

SPIN & FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM						SPIN	
6:30 PM	SPIN	SPIN		SPIN			

MIND & BODY STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	SILVER SNEAKERS		SILVER SNEAKERS				
8:30 AM							PILATES
9:30 AM					SILVER SNEAKERS		PILATES
10:30 AM	LES MILLS BODYBALANCE	PILATES		YOGA	PILATES		
11:00 AM						LES MILLS BODYBALANCE	
11:30 AM		LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		YOGA		
4:30 PM			YOGA				
6:00 PM	YOGA	YOGA					
6:30 PM			LES MILLS BODYBALANCE				
7:00 PM	PILATES						

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	AQUA	AQUA	AQUA	AQUA	AQUA		
9:00 AM	AQUA	AQUA	AQUA	AQUA	AQUA		

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
AUSTRALIA DAY	THURSDAY - 26 JAN 2023	8 AM - 6 PM	10:30 AM - BODY PUMP 11:30 AM - PILATES 4 PM - BODY COMBAT

3 Up to 3 minutes
after class starts = Last chance
to get a ticket

5 Up to 5 minutes
after class starts = Last chance
to get in

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

Due to instructor availability classes are subject to change without notice. For the most up to date timetable please visit our website. View timetable online WWW.HURSTVILLEAQUATIC.COM.AU

CLASS DESCRIPTIONS

AQUA AEROBICS	AQUA AEROBICS will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
LES MILLS BODYATTACK	BODY ATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
LES MILLS BODYCOMBAT	BODY COMBAT is inspired by martial arts disciplines from karate and boxing to tae-kwon-do, tai chi and Muay Thai, your session gets you feeling empowered – striking, punching and kicking your way to better fitness. (55mins/45 mins)
LES MILLS BODYPUMP	BODY PUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
SILVER SNEAKERS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
SPIN	An indoor cycling class set to the rhythm of motivating music.
STEP AND BURN	A step workout with a muscle conditioning segment to help you activate both your cardiovascular system and strength. Burn fat, tones muscle and always includes an awesome core finisher!
TABATA	Tabata consists of short, intense periods of aerobic exercises & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness level.
YOGA	Combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.

Group Fitness Timetable

JAN – MAR 2023

Opening Hours

Monday – Thursday	5:30am – 11:00pm
Friday	5:30am – 10:30pm
Saturday – Sunday	6:00am – 8:00pm
Public Holidays	8:00am – 6:00pm