

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYPUMP			
6.15 AM	FX30				FX30	TABATA 2.0	
7.00 AM						CARDIO BOXING	
8.00 AM		SILVER SNEAKERS	SILVER SNEAKERS			LES MILLS BODYATTACK	
8.30 AM	ABS & STRETCH			ABS & STRETCH			INTERMED. PILATES
9.00 AM						LES MILLS BODYPUMP	
9.30 AM	ZUMBA step	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		PILATES
10.00 AM						LES MILLS BODYCOMBAT	
10.30 AM	LES MILLS BODYBALANCE	PILATES	TABATA	LES MILLS BODYPUMP	PILATES		LES MILLS BODYPUMP
11.00 AM						LES MILLS BODYBALANCE	
11.30 AM	ZUMBA fitness		LES MILLS BODYBALANCE				
12.30 PM	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
2.00 PM						TAI CHI	
3.00 PM						ZUMBA fitness	
4.00 PM						YOGA	LES MILLS BODYCOMBAT
4.30 PM	TABATA	LES MILLS BODYPUMP	YOGA	TABATA			
5.00 PM							YOGA
5.30 PM	LES MILLS BODYPUMP	STEP & BURN	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
6.30 PM	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYCOMBAT		
7.30 PM	CARDIO BOXING	ZUMBA fitness	LES MILLS BODYCOMBAT	ZUMBA fitness	ZUMBA fitness		
8.30 PM	FX30		FX30				

SPIN & FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM					LES MILLS RPM		
9.00 AM						CYCLE	
9.30 AM	GAMEON	FX30					
6.30 PM	LES MILLS RPM	CYCLE		LES MILLS RPM			

MIND AND BODY STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM				BASIC REFORMER			
9.30 AM					SILVER SNEAKERS		BASIC REFORMER
10.00 AM		BASIC REFORMER					
11.30 AM				BASIC REFORMER			
6.00 PM	YOGA	YOGA		BASIC REFORMER	YOGA		
6.30 PM			LES MILLS BODYBALANCE				
7.00 PM		LES MILLS BODYATTACK					
7.30 PM				YOGA			

We also have 1-hour ongoing Reformer Pilates classes available. Please check WWW.HURSTVILLEAQUATIC.COM.AU/REFORMER-PILATES/ for more details.

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS		
9.00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
7.00 PM	AQUA AEROBICS						

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
LABOUR DAY	MONDAY 7 TH OCTOBER	8AM-6PM	9:00AM 10:30AM 12:30PM 2:30PM 4:30PM	AQUA AEROBICS BODY BALANCE ZUMBA BODY PUMP BODY COMBAT