



GROUP FITNESS TIMETABLE

SPORTS HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	HIGH ENERGY	YOGA	HIGH ENERGY	YOGA	HIGH ENERGY		
7:10 AM						LES MILLS BODY PUMP	
7:30 AM					STEP		H.I.I.T*
8:30 AM	CARDIO & CONDITIONING	BARRE	H.I.I.T*	DANCE & TONE	CARDIO & CONDITIONING		YOGA
9:30 AM	LES MILLS BODY PUMP	PILATES	LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10:30 AM	PILATES		PILATES	POWER YOGA	ZUMBA		
11:30 AM	GENTLE EXERCISE			GENTLE EXERCISE			
6:05 PM		PILATES	LES MILLS BODY PUMP				
6:30 PM	HIGH ENERGY						

Note: All classes are 45 minutes, except for Yoga & Gentle Exercise classes, which are 60 minutes.

H.I.I.T* - What does H.I.I.T stand for? High Intensity Interval Training

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	CYCLE	LES MILLS SPRINT	CYCLE	CYCLE	LES MILLS SPRINT		
8:30 AM				CYCLE	CYCLE	LES MILLS RPM	
9:30 AM	CYCLE	LES MILLS SPRINT					

Note: All classes are 45 minutes, except for Les Mills Sprint, which are 30 minutes.

HEALTH CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20 AM		STRENGTH (ADVANCE)		STRENGTH (ADVANCE)			



THE ZONE – SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:50 AM		STRENGTH (BEGINNER / INTERMEDIATE)			STRENGTH (BEGINNER / INTERMEDIATE)		
7:40 AM		STRENGTH (BEGINNER / INTERMEDIATE)			STRENGTH (BEGINNER / INTERMEDIATE)		
8:15 AM						OUTDOOR TRAINING	
10:30 AM	LOW INTENSITY CIRCUIT		LOW INTENSITY CIRCUIT				
4:30 PM						CORE & RECOVERY	LIFT & SWEAT
5.45 PM	LIFT	SWEAT	LIFT	BOXING	LIFT & SWEAT		

Note: All classes are 45 minutes. **Outdoor Training Location:** Outdoor netball courts, weather permitting.

139 ARTARMON ROAD COMMUNITY HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15 AM	TAI CHI						

Address: Cnr of Artarmon Road and Tindale Road

KEY:

	Cardio Classes: Focus on building endurance and improving cardiovascular health.
	Body & Mind Classes: Improve flexibility, core strength, mindfulness, and body awareness.
	Strength Classes: Focus on increasing overall strength through targeted resistance exercises.
	High Intensity Classes: Fast-paced, dynamic classes designed to push your limits and improve fitness.
	Low Intensity Classes: Gentle, low-impact classes that are easy on the joints and perfect for older adults.
	Dance Classes: Move to the beat with fun, rhythm-based classes that combine fitness with dance moves.

WILLOUGHBY LEISURE CENTRE

Ph: 02 9958 5799

Email: leisure@willoughbyleisure.com.au

www.willoughbyleisure.com.au

