



WILLOUGHBY LEISURE CENTRE

WILLOUGHBY LEISURE CENTRE GROUP FITNESS TIMETABLE

SPORTS HALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 AM	HIGH ENERGY	YOGA	HIGH ENERGY	YOGA	HIGH ENERGY	7:10AM LES MILLS BODY PUMP	7:30AM H.I.I.T*
8.30 AM	CARDIO & CONDITIONING	BARRE	H.I.I.T*	DANCE, ABS, GLUTES & STRETCH	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	ACTIVE MOVERS			ACTIVE MOVERS			
PM	6:30PM HIGH ENERGY	6:05PM PILATES	6:05PM LES MILLS BODY PUMP				

HEALTH CLUB / TRAINING & RECOVERY ZONE (SMALL GROUP CLASSES)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.20 AM		STRENGTH (Advanced) TRAINING Health Club		STRENGTH (Advanced) TRAINING Health Club			
6.50 AM		STRENGTH (Beg to Interm) Training & Recovery Zone			STRENGTH (Beg to Interm) Training & Recovery Zone		
7.40 AM		STRENGTH (Beg to Interm) Training & Recovery Zone			STRENGTH (Beg to Interm) Training & Recovery Zone		
10.30 AM	LOW INTENSITY CIRCUIT		LOW INTENSITY CIRCUIT			8:15AM OUTDOOR TRAINING Netball Courts	
5:30 PM	BODY BLAST Training & Recovery Zone	BODY BLAST Training & Recovery Zone	BODY BLAST Training & Recovery Zone				
5:45 PM				BOXING Training & Recovery Zone	BODY BLAST Training & Recovery Zone		

CYCLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	FREESTYLE CYCLE	LES MILLS SPRINT (30 MINUTES)	FREESTYLE CYCLE	LES MILLS RPM	LES MILLS SPRINT (30 MINUTES)		
8:30 AM				LES MILLS SPRINT (30 MINUTES)	FREESTYLE CYCLE	LES MILLS RPM	
9:30 AM	FREESTYLE CYCLE	LES MILLS SPRINT (30 MINUTES)					

139 ARTARMON ROAD COMMUNITY HALL (Address: Cnr of Artarmon Road and Tindale Road)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15 AM	TAI CHI						

How to book into a group fitness class:

Step 1. Log in to the Member Portal

Step 2. View group fitness classes

- Select "Book online" in the navigation bar then select "Group Fitness Classes".
- Select the date you wish to book a session and view the upcoming schedule.

Step 3. Make a booking

- Select "Book" on your desired session. The booking confirmation screen will show details of your booking.
 - **Members and visit pass holders:**
 - Select "Book now" and follow the prompts to confirm your booking.
Note: Session bookings open 7 days before each class. If the class displays as unavailable it is not yet open for bookings. Please check back at a later date.
 - **Non-members / casual attendees:**
 - Populate payment details then select "Confirm and pay" and follow the prompts to confirm your booking.
Note: Session bookings open 24 hours before each class. If the "book" button is orange, classes are not yet available to book. Please check back at the specified time.

Step 4. Confirmation

You'll receive a booking confirmation email.

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

WILLOUGHBY LEISURE CENTRE

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