

From 15<sup>th</sup> April 2024

# TIMETABLE



**FIT** FOR  
**ALL**

# BEATON PARK CLASS BOOKINGS

(02) 4227 7755



~30 minute \*45 minute

## ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		<b>PILATES</b>			LES MILLS <b>BODYBALANCE</b>		
8:00am	Seniors <b>YOGA</b>	LES MILLS <b>CORE*</b>	LES MILLS <b>BODYBALANCE</b>	Interval Training	LES MILLS <b>CORE</b> LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>CORE</b> LES MILLS <b>BODYBALANCE</b>
9:15am	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>tone</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>CORE*</b>	LES MILLS <b>tone</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>tone</b>
10:30am	LitePace	LES MILLS <b>BODYBALANCE</b>	LitePace	LES MILLS <b>BODYBALANCE</b>	Health Moves Plus		
12:15pm		LES MILLS <b>BODYPUMP</b>			LES MILLS <b>BODYBALANCE</b>		
4:30pm	Strength Training*	Cardio Boxing*	Interval Training*	Strength Training*			
5:30pm	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>tone</b> LES MILLS <b>CORE</b>	LES MILLS <b>BODYSTEP</b> (Athletic)	LES MILLS <b>tone</b>	LES MILLS <b>BODYSTEP</b>		
6:30pm	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYBALANCE</b>	<b>PILATES</b>	<b>YOGA</b>	<b>YOGA</b>		

## MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am			LES MILLS <b>BODYPUMP</b>				
8:00am	Interval Training	Active Seniors	Active Seniors	Active Seniors	Active Seniors	LES MILLS <b>BODYPUMP</b>	
9:15am	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYCOMBAT</b>	Freestyle Aerobics	LES MILLS <b>BODYCOMBAT</b>	Freestyle Aerobics	LES MILLS <b>BODYSTEP</b>	
10:30am	LES MILLS <b>BODYPUMP</b>	Health Moves Plus	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b>		
4:30pm							LES MILLS <b>BODYPUMP</b>
5:30pm	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYCOMBAT</b>				
6:30pm		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP</b>				

## CIRCUIT – outdoor class

Saturday 8am – Cardio Boxing\*

## CYCLE STUDIO

RPM is a 45 minute program

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	LES MILLS <b>RPM</b>			LES MILLS <b>RPM</b> Or Cycle			
8:15am						LES MILLS <b>RPM</b>	LES MILLS <b>RPM</b>
9:15am		LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>			
12.15pm	LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>				
5:30pm	LES MILLS <b>RPM</b>						
6:30pm		LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>			

## POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics		Aquarobics
12:00pm		Active Senior Aquarobics*	Active Senior Aquarobics				
1:00pm		Active Senior Aquarobics		Active Senior Aquarobics			
7:00pm	Aquarobics		Aquarobics				

## LAKE SIDE CLASS BOOKINGS

(02) 4227 7600



~30 minute \*45 minute

	MON	TUES	WED	THURS	FRI	SAT
6:15am	Cardio Boxing*	LES MILLS <b>BODYPUMP</b> *	HIIT+ Stretch*	Cardio Boxing*	LES MILLS <b>BODYPUMP</b> *	
7:15am						Interval Training*
8:00am	Active Seniors		Active Seniors		Active Seniors	LES MILLS <b>BODYBALANCE</b>
9:15am	LES MILLS <b>BODYPUMP</b>	<b>CORE</b> *	<b>STEP</b> Freestyle	<b>POWER HIIT</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP</b>
10:15am		LES MILLS <b>BODYBALANCE</b>	<b>POWER HIIT</b>		LES MILLS <b>BODYBALANCE</b>	
10:30am	Health Moves Plus*			Health Moves Plus*		
11:30am		Active Seniors				
4:30pm	Strength Training*		Interval Training*			
5:30pm	LES MILLS <b>BODYPUMP</b>	<b>ABT</b> *	LES MILLS <b>BODYPUMP</b>	HIIT+ Stretch*		
6:30pm	HIIT+ Stretch*	Cardio Boxing*	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYBALANCE</b>		

## CLASS DESCRIPTIONS

All classes are 60 minutes unless otherwise specified. For class descriptions and information on our group exercise classes please speak with our Leisure Centre staff

**SCAN THE QR CODE BELOW  
FOR ONLINE BOOKINGS.**



### Group Exercise

**Bookings are not essential; however, we recommend you book in advance to secure your place**

- Bookings are accepted online or over the phone 24 hours prior to the class
- You are required to bring a large towel
- Arrive no earlier than 5 minutes before the class
- Casuals must pay in full to reserve place (no refund for non-attendance)
- Please do not enter the studio until the previous class has vacated
- Participants are not permitted to enter a class more than 5 minute after the starting time
- We recommend the use of a nonslip yoga mat for BodyBalance and other classes that include floor-based exercises

**Beaton Park Class Bookings: (02) 4227 7755**

**Lakeside Class Bookings: (02) 4227 7600**

**Email: [leisurecentres@wollongong.nsw.gov.au](mailto:leisurecentres@wollongong.nsw.gov.au)**

**Web: [wollongong.nsw.gov.au/leisurecentres](http://wollongong.nsw.gov.au/leisurecentres)**

**Corrimal Heated Pool: (02) 4284 9135**

**Dapto Heated Pool: (02) 4261 1963**



Beaton Park  
and Lakeside  
Leisure Centres



Beaton Park and Lakeside  
Leisure Centres are a service  
of Wollongong City Council