

From 27<sup>th</sup> June 2025

# TIMETABLE



**FIT** FOR  
**ALL**

**Beaton  
Park**  
LEISURE CENTRE

**Lakeside**  
LEISURE CENTRE

## BEATON PARK CLASS BOOKINGS (02) 4227 7755



~30 minute \*45 minute

### ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	YOGA	PILATES	LES MILLS BODYPUMP		LES MILLS BODYBALANCE		
8:00am	Seniors YOGA	LES MILLS BODYATTACK	Seniors YOGA	Interval Training	LES MILLS Shapes	LES MILLS BODYBALANCE	CORE LES MILLS BODYBALANCE
9:15am	LES MILLS BODYBALANCE	tone	LES MILLS BODYBALANCE	CORE	tone	LES MILLS BODYBALANCE	tone
10.30am	Active Life	LES MILLS BODYBALANCE	LitePace	LES MILLS BODYBALANCE	Active Life	Active Life	
12:15pm		LES MILLS Shapes			LES MILLS BODYBALANCE		
4:30pm	Strength Training*	Cardio Boxing*	Dance Fit*	Strength Training*	Dance Fit*		
5:30pm	tone	tone CORE	LES MILLS BODYSTEP		LES MILLS BODYSTEP		
6:30pm	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	PILATES	YOGA	LES MILLS Shapes		

### MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am							
8:00am	Interval Training	Active Seniors	LES MILLS Shapes	Active Seniors	Active Seniors	LES MILLS BODYPUMP	
9:15am	STEP Freestyle	LES MILLS BODYCOMBAT	Freestyle Aerobics	LES MILLS BODYCOMBAT	Freestyle Aerobics	LES MILLS BODYSTEP	
10.30am	LES MILLS BODYPUMP	Active Life	LES MILLS BODYPUMP		LES MILLS BODYPUMP		
4:30pm							LES MILLS BODYPUMP
5:20pm			LES MILLS BODYCOMBAT				
5:30pm	LES MILLS BODYPUMP						
6:30pm		Watch this Space	LES MILLS BODYPUMP				

### CIRCUIT – outdoor class

Saturday 8am – Cardio Boxing\*

Refer to back of brochure for Group Exercise Requirements for class conditions

## CYCLE STUDIO

RPM is a 45 minute program

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	LES MILLS RPM						
8:00am					LES MILLS RPM		
8:15am						LES MILLS RPM	LES MILLS RPM
9:15am		LES MILLS RPM		LES MILLS RPM			
12.15pm	LES MILLS RPM		LES MILLS RPM				
5:30pm	LES MILLS RPM						
6:30pm		LES MILLS RPM		LES MILLS RPM			

## POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics		Aquarobics
12:00pm			Active Senior Aquarobics				
1:00pm		Active Senior Aquarobics		Active Senior Aquarobics			
7:00pm	Aquarobics		Aquarobics				
Dapto	Aquarobics in Outdoor Heated 50m Pool - Please refer to current Dapto Aqua program via the online bookings						

## LAKESIDE CLASS BOOKINGS (02) 4227 7600



~30 minute \*45 minute

	MON	TUES	WED	THURS	FRI	SAT
6:15am	Cardio Boxing*	LES MILLS BODYPUMP *	HIIT+ Stretch*	Cardio Boxing*	LES MILLS BODYPUMP *	
7.15am						Interval Training*
8:00am	Active Seniors		Active Seniors		Active Seniors	LES MILLS BODYBALANCE
9:15am	LES MILLS BODYPUMP	CORE*	STEP Freestyle	Cardio Boxing*	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.15am		LES MILLS BODYBALANCE			LES MILLS BODYBALANCE	
10.30am	Active Life		Active Tai Chi	Active Life		
5:30pm	LES MILLS BODYPUMP	YOGA	LES MILLS BODYPUMP	Strength Training*		
6.30pm	STEP Freestyle*	Cardio Boxing*		LES MILLS BODYBALANCE		

## 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 Requirements

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

- Bookings are accepted online or over the phone 25 hours prior to the class
- You are required to bring a large towel to 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. Staff will advise upon arrival and refuse entry. Members who are running late can attend an alternative activity offered such as gym, pool or sauna
- Body Pump requires a 5min set up time, Please arrive 10min prior.
- Members are to set up their own equipment once checked in. The reservation of spots in our studio spaces is not permitted.
- We recommend the use of a nonslip yoga mat for Body Balance and other classes that include floor-based exercises
- Cotton Inners are required for all Cardio Boxing classes and are sold at reception

**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