

# PLC Spring Group Fitness Timetable

Effective Monday 9 October 2023

	30 minute class	45 minute class	60 minute class				
Group Fitness Timetable							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	BOOTCAMP Outside/Sports Hall	CYCLE Group Fitness Studio	BODY PUMP Group Fitness Studio	RPM Group Fitness Studio	BOOTCAMP Outside/Sports Hall		
	BODY BALANCE Group Fitness Studio						
7.30am	PILATES Group Fitness Studio				PILATES Group Fitness Studio	PILATES Group Fitness Studio	LES MILLS BODYCOMBAT Virtual Studio
8.30am	HIIT TONE Group Fitness Studio	BODY PUMP Sports Hall	PILATES Group Fitness Studio	BODY BALANCE Group Fitness Studio	RPM Group Fitness Studio	BODY PUMP Sports Hall	RPM Group Fitness Studio
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	BOXING Sports Hall	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	BODY COMBAT Group Fitness Room	BODY PUMP Group Fitness Room
9.30am			RPM Group Fitness Studio				
10.30am	RPM Group Fitness Studio	BODY BALANCE Group Fitness Studio	YOGA Group Fitness Studio			BODY BALANCE Group Fitness Studio	
11.15am					TAI CHI Group Fitness Studio		
12.00pm	LES MILLS THE TRIP Virtual Studio	LES MILLS BODYATTACK Virtual Studio	LES MILLS BODYPUMP Virtual Studio	LES MILLS BODYCOMBAT Virtual Studio			
1.00pm					LES MILLS BODYPUMP Virtual Studio		
3.00pm	LES MILLS sprint Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS BODYATTACK Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS sprint Virtual Studio		
4.00pm	LES MILLS CORE Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS BODYATTACK Virtual Studio		
5.30pm	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio	BODY BALANCE Group Fitness Studio		
6.30pm	BODY PUMP Group Fitness Studio	YOGA Group Fitness Studio	RPM Group Fitness Studio	PILATES Group Fitness Room			
7.30pm			BODY BALANCE Group Fitness Studio				

## Les Mills Virtual

Available on demand 24 hours a day, when Group Fitness Studio is not in use

### Programs available:



## Aqua Fitness + Active Over 50s Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor		
7.30am				LITE N' EASY Program Pool			
8.00am						AQUA DEEP 50m Pool SWIMFIT Main Pool	
8.30am	ACTIVE OVER 50S Sports Hall			ACTIVE OVER 50S Sports Hall			
12.30pm	LITE N' EASY Program Pool		LITE N' EASY Program Pool		LITE N' EASY Program Pool		
6.30pm	HIGH ENERGY 50m Pool						
6.45pm	SWIMFIT Main Pool	SWIMFIT Main Pool	SWIMFIT Main Pool				

### General Class Information

- Bookings are required for group fitness classes. Book online at [leisure.centralcoast.nsw.gov.au](http://leisure.centralcoast.nsw.gov.au) or in person at reception.
- All classes have a maximum capacity for your safety and enjoyment. Please arrive early to avoid disappointment as for your own safety late admittance is not permitted.
- Closed footwear is required for all classes, except Mind & Body
- All classes are included in your Gold, Gym and Fitness or Fitness Passport membership

### Virtual Class Information

Les Mills Virtual delivers group fitness classes using life-size cinematic recordings projected onto the studio wall. Fully integrated with the studio sound system, Les Mills Virtual delivers the best quality virtual fitness classes on the market.

- Virtual classes start exactly on time, so please be set up and ready to commence at the scheduled time
- Please ensure any equipment required is set up prior to the class commencing, as there is no time to do this once the class has started.
- A towel is required for all Virtual classes
- Virtual classes cannot be paused or skipped.
- The sound level set for Virtual classes cannot be changed
- Please ensure you only participate in Virtual classes within your ability level and stop immediately if you feel unwell
- Please take time to adequately warm up and cool down/stretch before and after Virtual classes
- Please advise staff of any technical difficulties experienced during your Virtual class.
- Need extra motivation? Virtual classes are great to complete with a friend



Book your next  
group fitness class  
online



Peninsula  
Leisure Centre