

# Peninsula Leisure Centre Group Fitness Timetable

Effective Monday 21 April - Sunday 1 June 2025

	30 minute class	45 minute class	60 minute class				
Group Fitness Timetable							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		CYCLE Group Fitness Studio					
6.00am	BOOTCAMP Sports Hall BODY BALANCE Group Fitness Studio		BODY PUMP Sports Hall	RPM Group Fitness Studio SUNRISE HIIT Sports Hall	BOOTCAMP Sports Hall		
6.30am		CYCLE Group Fitness Studio					
7.30am	PILATES Group Fitness Studio				PILATES Sports Hall	PILATES Group Fitness Studio	LES MILLS RPM Virtual Studio
8.30am	RPM Group Fitness Studio	BODY PUMP Sports Hall	PILATES Sports Hall	BODY BALANCE Group Fitness Studio	RPM Group Fitness Studio	BODY PUMP Sports Hall	RPM Group Fitness Studio
						LES MILLS RPM Virtual Studio	
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	BOOTCAMP Sports Hall	BODY PUMP Sports Hall	BODY COMBAT Group Fitness Studio	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio
9.30am	YOGA Group Fitness Studio		RPM Group Fitness Studio	PILATES Group Fitness Studio			
10.30am		BODY BALANCE Group Fitness Studio	YOGA Group Fitness Studio	LES MILLS THE TRIP Virtual 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 CORE Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS sprint Virtual Studio		
4.00pm				LES MILLS THE TRIP Virtual Studio			
4.30pm		RPM Group Fitness 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 Studio			
7.30pm	YOGA Group Fitness Studio		BODY BALANCE Group Fitness Studio				

**Les Mills Virtual** Available on demand when there are no scheduled classes

Programs available:



## Aqua Fitness + Active Over 50s Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7.00am</b>	SWIMFIT Main pool		SWIMFIT Main pool				
<b>7.30am</b>	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		
<b>7.30am</b>				LITE 'N' EASY Program Pool			
<b>8.00am</b>						AQUA DEEP 50m Pool SWIMFIT Main pool	
<b>8.30am</b>	ACTIVE OVER 50s Sports Hall			ACTIVE OVER 50s Sports Hall			
<b>12.30pm</b>	LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		
<b>6.30pm</b>	HIGH ENERGY 50m Pool						
<b>6.45pm</b>	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