

# Peninsula Leisure Centre Group Fitness Timetable

Effective Monday 14 April - Sunday 20 April 2025

|                         | 30 minute class                               | 45 minute class                                 | 60 minute class                               |   |  |  |   |
|-------------------------|---|---|---|---|--|--|---|
| Group Fitness Timetable |   |   |   |   |  |  |   |
|                         | MONDAY 14/4                                   | TUESDAY 15/4                                    | WEDNESDAY 16/4                                | THURSDAY 17/4                                   | FRIDAY 18/4                                | SATURDAY 19/4                              | SUNDAY 20/4                               |
| 5.30am                  |   | CYCLE<br>Group Fitness Studio                   |   |   |  |  |   |
| 6.00am                  | BODY BALANCE<br>Group Fitness Studio          |   | BODY PUMP<br>Group Fitness Studio             | RPM<br>Group Fitness Studio                     |  |  |   |
| 6.30am                  |   | CYCLE<br>Group Fitness Studio                   |   |   |  |  |   |
| 7.30am                  | PILATES<br>Group Fitness Studio               |   |   |   |  | LES MILLS<br>RPM<br>Virtual Studio         | LES MILLS<br>BODYATTACK<br>Virtual Studio |
| 8.30am                  | RPM<br>Group Fitness Studio                   | BODY PUMP<br>Group Fitness Studio               | PILATES<br>Group Fitness Studio               | BODY BALANCE<br>Group Fitness Studio            | LES MILLS<br>RPM<br>Virtual Studio         | LES MILLS<br>BODYPUMP<br>Virtual Studio    | LES MILLS<br>RPM<br>Virtual Studio        |
|                         |   |   |   |   |  |  |   |
| 9.30am                  | BODY PUMP<br>Group Fitness Studio             | BODY COMBAT<br>Group Fitness Studio             |   | BODY PUMP<br>Group Fitness Studio               | LES MILLS<br>BODYCOMBAT<br>Virtual Studio  | LES MILLS<br>BODYCOMBAT<br>Virtual Studio  | LES MILLS<br>BODYPUMP<br>Virtual Studio   |
|                         |   |   | RPM<br>Group Fitness Studio                   |   |  |  |   |
| 10.30am                 |   |   |   | PILATES<br>Group Fitness Studio                 |  | LES MILLS<br>BODYBALANCE<br>Virtual Studio |   |
|                         | YOGA<br>Group Fitness Studio                  | BODY BALANCE<br>Group Fitness Studio            | YOGA<br>Group Fitness Studio                  |   |  |  |   |
| 12.00pm                 | LES MILLS<br>THE TRIP<br>Group Fitness Studio | LES MILLS<br>BODYATTACK<br>Group Fitness Studio | LES MILLS<br>BODYPUMP<br>Group Fitness Studio | LES MILLS<br>BODYCOMBAT<br>Group Fitness Studio |  |  |   |
| 1.00pm                  |   |   |   |   | LES MILLS<br>BODYPUMP<br>Virtual Studio    |  |   |
| 3.00pm                  | LES MILLS<br>sprint<br>Virtual Studio         | LES MILLS<br>CORE<br>Virtual Studio             | LES MILLS<br>THE TRIP<br>Virtual Studio       | LES MILLS<br>RPM<br>Virtual Studio              | LES MILLS<br>sprint<br>Virtual Studio      |  |   |
| 4.30pm                  |   | RPM<br>Group Fitness Studio                     |   | RPM<br>Group Fitness Studio                     |  |  |   |
| 5.30pm                  | BODY COMBAT<br>Group Fitness Studio           | BODY PUMP<br>Group Fitness Studio               | BODY COMBAT<br>Group Fitness Studio           | BODY PUMP<br>Group Fitness Studio               | LES MILLS<br>BODYBALANCE<br>Virtual Studio |  |   |
| 6.30pm                  | BODY PUMP<br>Group Fitness Studio             | YOGA<br>Group Fitness Studio                    | RPM<br>Group Fitness Studio                   | PILATES<br>Group Fitness Studio                 |  |  |   |
| 7.30pm                  | YOGA<br>Group Fitness Studio                  |   | BODY BALANCE<br>Group Fitness Studio          |   |  |  |   |

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

Programs available:



## Aqua Fitness + Active Over 50s Timetable

|                | MONDAY 14/4                           | TUESDAY 15/4                          | WEDNESDAY 16/4                        | THURSDAY 17/4                           | FRIDAY 18/4 | SATURDAY 19/4 | SUNDAY 20/4 |
|----------------|---------------------------------------|---------------------------------------|---------------------------------------|---|-------------|---------------|-------------|
| <b>7.00am</b>  | SWIMFIT<br>Main pool                  |                                       | SWIMFIT<br>Main pool                  |   |             |               |             |
| <b>7.30am</b>  | SENIOR STRENGTH TRAINING<br>Gym Floor | SENIOR STRENGTH TRAINING<br>Gym Floor | SENIOR STRENGTH TRAINING<br>Gym Floor | SENIOR STRENGTH TRAINING<br>Gym Floor   |             |               |             |
|                |                                       |                                       |                                       | LITE 'N' EASY<br>Program Pool           |             |               |             |
|                |                                       |                                       |                                       | ACTIVE OVER 50s<br>Group Fitness Studio |             |               |             |
| <b>12.30pm</b> | LITE 'N' EASY<br>Program Pool         |                                       | LITE 'N' EASY<br>Program Pool         |   |             |               |             |
| <b>6.30pm</b>  | HIGH ENERGY<br>50m Pool               |                                       |                                       |   |             |               |             |
| <b>6.45pm</b>  | SWIMFIT<br>Main pool                  | SWIMFIT<br>Main pool                  | SWIMFIT<br>Main pool                  |   |             |               |             |

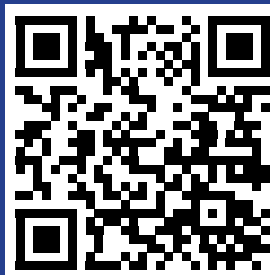
### General Class Information

- Bookings are required for group fitness classes. Book online at [leisure.centralcoast.nsw.gov.au](https://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

Central  
Coast  
Council

Peninsula  
Leisure Centre