

# Peninsula Leisure Centre Group Fitness Timetable

Effective Monday 17 November 2025

| 30 minute class         |                                      | 45 minute class                      |                                     |                                       | 60 minute class                        |                                      |                                   |
|-------------------------|--------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|----------------------------------------|--------------------------------------|-----------------------------------|
| Group Fitness Timetable |                                      |                                      |                                     |                                       |                                        |                                      |                                   |
|                         | MONDAY                               | TUESDAY                              | WEDNESDAY                           | THURSDAY                              | FRIDAY                                 | SATURDAY                             | SUNDAY                            |
| 5.30am                  |                                      |                                      |                                     |                                       | LESMILLS BODYPUMP<br>Virtual Studio    |                                      |                                   |
| 6.00am                  | BOOTCAMP<br>Sports Hall              | CYCLE<br>Group Fitness Studio        | BODY PUMP<br>Sports Hall            | RPM<br>Group Fitness Studio           | BOOTCAMP<br>Sports Hall                |                                      |                                   |
|                         | BODY BALANCE<br>Group Fitness Studio |                                      |                                     | SHAPES<br>Sports Hall                 | LESMILLS BODYBALANCE<br>Virtual Studio |                                      |                                   |
| 7.30am                  | PILATES<br>Sports Hall               |                                      | SHAPES<br>Sports Hall               |                                       | PILATES<br>Sports Hall                 | PILATES<br>Group Fitness Studio      | LESMILLS RPM<br>Virtual Studio    |
| 8.30am                  | RPM<br>Group Fitness Studio          | BODY PUMP<br>Sports Hall             | PILATES<br>Sports Hall              | BODY BALANCE<br>Group Fitness Studio  | RPM<br>Group Fitness Studio            | BODY PUMP<br>Sports Hall             | RPM<br>Group Fitness Studio       |
|                         |                                      |                                      |                                     |                                       |                                        | LESMILLS RPM<br>Virtual Studio       |                                   |
| 9.30am                  | BODY PUMP<br>Sports Hall             | BODY COMBAT<br>Sports Hall           | BOOTCAMP<br>Sports Hall             | BODY PUMP<br>Sports Hall              | BODY COMBAT<br>Group Fitness Studio    | BODY COMBAT<br>Group Fitness Studio  | BODY PUMP<br>Group Fitness Studio |
|                         | YOGA<br>Group Fitness Studio         |                                      | RPM<br>Group Fitness Studio         | SHAPES<br>Group Fitness Studio        |                                        |                                      |                                   |
| 10.30am                 |                                      | BODY BALANCE<br>Group Fitness Studio | YOGA<br>Group Fitness Studio        |                                       |                                        | BODY BALANCE<br>Group Fitness Studio |                                   |
| 11.15am                 |                                      |                                      |                                     |                                       | TAI CHI<br>Group Fitness Studio        |                                      |                                   |
| 12.00pm                 |                                      |                                      | LESMILLS BODYPUMP<br>Virtual Studio | LESMILLS BODYCOMBAT<br>Virtual Studio |                                        |                                      |                                   |
| 1.00pm                  |                                      |                                      |                                     |                                       | LESMILLS BODYPUMP<br>Virtual Studio    |                                      |                                   |
| 3.00pm                  | LESMILLS sprint<br>Virtual Studio    |                                      | LESMILLS THE TRIP<br>Virtual Studio | LESMILLS RPM<br>Virtual Studio        | LESMILLS sprint<br>Virtual Studio      |                                      |                                   |
| 4.00pm                  |                                      |                                      |                                     | LESMILLS THE TRIP<br>Virtual Studio   |                                        |                                      |                                   |
| 4.30pm                  |                                      | CYCLE<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     | BODY BALANCE<br>Group Fitness 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         |                                      | SHAPES<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                                   | TUESDAY                                  | WEDNESDAY                                | THURSDAY                                 | FRIDAY                                   | SATURDAY                                      | SUNDAY |
|----------------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------------|--------|
| <b>7.00am</b>  | SWIMFIT<br>Main pool                     |                                          | SWIMFIT<br>Main pool                     |                                          |                                          |                                               |        |
| <b>7.30am</b>  | SENIOR STRENGTH<br>TRAINING<br>Gym Floor | SENIOR STRENGTH<br>TRAINING<br>Gym Floor | SENIOR STRENGTH<br>TRAINING<br>Gym Floor | SENIOR STRENGTH<br>TRAINING<br>Gym Floor | SENIOR STRENGTH<br>TRAINING<br>Gym Floor |                                               |        |
| <b>7.30am</b>  |                                          |                                          |                                          | LITE 'N' EASY<br>Program Pool            |                                          |                                               |        |
| <b>8.00am</b>  |                                          |                                          |                                          |                                          |                                          | AQUA DEEP<br>50m Pool<br>SWIMFIT<br>Main pool |        |
| <b>8.30am</b>  | ACTIVE OVER 50s<br>Sports Hall           |                                          |                                          | ACTIVE OVER 50s<br>Sports Hall           |                                          |                                               |        |
| <b>12.30pm</b> | LITE 'N' EASY<br>Program Pool            |                                          | 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](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

Central  
Coast  
Council

Peninsula  
Leisure Centre