

AKAC Timetable 23 December 2024 to 5 January 2025



	MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th	SATURDAY 28th	SUNDAY 29th	
6:15 AM	VINYASA YOGA	BOOTCAMP	CHRISTMAS DAY PUBLIC HOLIDAY CENTRE CLOSED					
6:30 AM	FIT30 – HIT				FIT30 – HIT			
7:00 AM		SHALLOW AQUA			SHALLOW AQUA	SHALLOW AQUA		
7:15 AM	VINYASA YOGA	PILATES			FUSION YOGA	POWER YOGA		
7:30 AM	DEEP WATER AQUA	FIT30 – HIT			FIT30 – HIT		BOOTCAMP	
8:00 AM							SHALLOW AQUA	HATHA YOGA
8:30 AM	SHALLOW AQUA STRENGTH ON THE BALL	STRETCH			STRENGTH ON THE BALL	SHALLOW AQUA PILATES	ZUMBA BOXING	
9:00 AM								FIT30 – HIT
9:30 AM	PILATES SHALLOW AQUA	STRENGTH AND AEROBICS SHALLOW AQUA			STRETCH AQUA ZUMBA	ZUMBA SHALLOW AQUA	POWER PILATES	ZUMBA
10:00 AM	FIT30 – HIT				FIT30 – HIT *SENIORS	FIT30 – STRENGTH & CORE		
10:15 AM							AQUA ZUMBA	
10:30 AM	STRETCH	PILATES FIT30 – *ACTIVE SENIORS			DEEP AQUA PILATES	STRETCH	FUSION YOGA FIT30 – HIT	FIT30 – STRENGTH & CORE
11:30 AM	STRONG SENIORS	ZUMBA			FIT30- STRETCH/MOBILITY	STRONG SENIORS	FIT30 – STRENGTH & CORE ZUMBA GOLD - SENIORS	FIT30 – STRETCH/MOBILITY
11:45 AM								SHALLOW AQUA
12:15 PM	WARM WATER AQUA						FIT30 – STRETCH/MOBILITY	
12:30 PM	ZUMBA GOLD- SENIORS				FIT30 STRENGTH & CORE			
1:00 PM		WARM WATER AQUA						
4:30 PM							HATHA YOGA	FUSION YOGA
4:45 PM							FIT30 – STRENGTH & CORE	FIT30 – STRENGTH & CORE
5:00 PM	STRENGTH AND AEROBICS				POWER BAR FIT30 – HIT	FIT30 – STRENGTH & CORE		
5:30 PM	Fit30- HIT	STRETCH FIT30 – HIT			FIT30 – STRETCH	POWER BAR	FIT30 – HIT	FIT30 – STRETCH/MOBILITY
6:00 PM	PILATES				Vinyasa Yoga in the Creche			
6:30 PM	FIT30 – AQUA RUNNING					PILATES		
6.45 PM						FIT30 –HIT		
7:00 PM	ZUMBA							

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Class bookings are open 5 days and 1 hour before the class start time and cancellations can be made until one hour before the class start time

All participants must arrive no later than 5 minutes after class commencement

Please refer to our website for all timetable changes www.innerwest.nsw.gov.au/akac/fitnesstimetable

High Intensity	Mind Body	Aqua	Seniors	Mini Sessions
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AKAC Timetable 23 December 2024 to 5 January 2025



	MONDAY 30th	TUESDAY 31st	WEDNESDAY 1st	THURSDAY 2nd	FRIDAY 3rd	SATURDAY 4th	SUNDAY 5th
6:15 AM	VINYASA YOGA	BOOTCAMP	PUBLIC HOLIDAY GYM OPEN 7AM-7PM	BOXING			
6:30AM	FIT30 – HIT				FIT30 – HIT		
7:00AM		SHALLOW AQUA		SHALLOW AQUA		SHALLOW AQUA	
7:15 AM	VINYASA YOGA	PILATES	FUSION YOGA	PILATES	POWER YOGA		
7:30AM	DEEP WATER AQUA	FIT30 – HIT	FIT30 – HIT	FIT30 – HIT		BOOTCAMP	
8:00AM						SHALLOW AQUA	HATHA YOGA
8:30AM	SHALLOW AQUA	STRETCH	SHALLOW AQUA	STRENGTH ON THE BALL	SHALLOW AQUA	ZUMBA	
	STRENGTH ON THE BALL		STRETCH		PILATES	BOXING	
9:00AM							FIT30 – HIT
9:30AM	PILATES	STRENGTH AND AEROBICS	FIT30 – STRENGTH AND CORE	STRETCH	ZUMBA	POWER PILATES	ZUMBA
	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	AQUA ZUMBA	SHALLOW AQUA		
10:00 AM	FIT30 – HIT		ZUMBA	FIT30 – HIT *SENIORS	FIT30 – STRENGTH & CORE		
10:15AM						AQUA ZUMBA	
10:30 AM	STRETCH	PILATES	FIT30 – *ACTIVE SENIORS	DEEP AQUA	STRETCH	FUSION YOGA	FIT30 – STRENGTH & CORE
		FIT30 – *ACTIVE SENIORS		PILATES		FIT30 – HIT	
11:30 AM	STRONG SENIORS	ZUMBA	STRENGTH AND AEROBICS	SENIORS TOTAL WELLBEING	STRONG SENIORS	FIT30 – STRENGTH & CORE	FIT30 – STRETCH/MOBILITY
			FIT30- STRENGTH AND CORE			ZUMBA GOLD-SENIORS	
11.45 AM							SHALLOW AQUA
12:15 PM	WARM WATER AQUA					FIT30 – STRETCH/MOBILITY	
12:30PM	ZUMBA GOLD- SENIORS						
1:00 PM		WARM WATER AQUA					
4:30PM			PILATES			HATHA YOGA	FUSION YOGA
4:45PM						FIT30 – STRENGTH & CORE	FIT30 – STRENGTH & CORE
5:00PM			FIT30- HIT	POWER BAR	FIT30- STRENGTH & CORE		
5:30PM	FIT30-HIT	STRETCH	DEEP WATER AQUA		POWER BAR	FIT30 – HIT	FIT30 – STRETCH/MOBILITY
		FIT30 – HIT					
6:00 PM	PILATES		FIT30 STRETCH/MOBILITY	VINYASA YOGA in the Creche			
				FIT30 – HIT	SHALLOW AQUA		
6:30PM	AQUA RUNNING				PILATES		
6.45PM				FIT30 – STRETCH/MOBILITY	FIT30 – HIT		
7:00 PM	ZUMBA						
7:15PM				WARM WATER AQUA STRETCH			

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High Intensity	Mind Body	Aqua	Seniors	Mini Sessions
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