

LPAC Timetable

Monday 26th April 2021 to 5 July Sunday 2021



	14 June Monday	15 June Tuesday	16 June Wednesday	17 June Thursday	18 June Friday	Saturday	Sunday
6:00am	Queens Birthday Public Holiday Gym opens 6am	HCT Hannah	Body Pump Jordan	Body Pump Con	HCT Maddie	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
6:55am		RPM Kat	RPM Yuton	Cycle Eshref	RPM Yuton		
7:00am		Aqua DW Donna	Cardio Boxing Samara	Aqua DW Donna	Core on the Ball Rosetta		
7:00am	Hatha Yoga Jenny	Fast 30 Kat	Vinyasa Yoga Carol		Hatha Yoga Jenny	RPM Kat	
	Aqua DW Ward		Aqua DW Eser				
7:15am		Power Pilates Hande		Power Pilates Lindsey			
7:30am	Strong Seniors Bernie		Strong Seniors Bernie		Strong Seniors Val	Hatha Yoga Jenny	Body Balance Amanda
8:00am		Lite Pace Aqua PP Amanda	Strong Seniors Eser	Lite Pace Aqua PP Kim	Seniors Circuit Rosetta	Cardio Boxing Julie P.	Cycle Rosetta
		Strong Seniors Bernie		Strong Seniors Esh			
8:30am	Strong Seniors Bernie		Stretching Rosetta		Pilates Val		Body Pump Felicia
9:00am		Stretching Josh	Body Pump Tech Anne	Stretching Josh	Body Pump Yuton	Body Pump Julie P.	Total Body Seniors Rosetta
						Strong Seniors Val	
9:30am	Body Pump Charry	Body Combat Felicia	Body Pump Anne	Vinyasa Yoga Catalina	Pilates Kamila		Body Combat Felicia
	Cycle Bernie	Cycle Bernie		Cycle Anne			
				Zumba Jini			
10:00am	Aqua DW Ward	Aqua DW Ward	Aqua SW Amanda	Aqua DW Kim	Aqua DW Eser	Pilates Val	Aqua DW Alt. Instructor
		Pilates Reg	Cycle / Core Rosetta		Cycle/ HIIT Rosetta	Aqua DW Alt. Instructor	
					Body Combat Yuton	RPM Charry	
10:30am	Body Balance Charry	Body Pump Felicia		Pilates Lindsey			Ashtanga Yoga Catalina
	FitKid Dee Dee						
11:00am			Active Seniors Rosetta	HIIT Josh	Active Seniors Eser	Pilates Val	
11:30am	Active Seniors Rosetta	Vinyasa Yoga Carol					
12:00pm	Seniors Aqua PP Kim	Seniors Aqua PP Ward	Seniors Aqua PP Amanda	Seniors Aqua PP Ward	Seniors Aqua PP Rosetta		
		HIIT Josh			HIIT Josh		
12:30pm			HIIT Josh				
1:00pm		Seniors Aqua PP Ward		Seniors Aqua PP Ward			
4:00pm					Stretching Jared	Aqua SW Ward	
4:30pm		Kids Yoga Yasmin					
5:00pm						RPM Ronnie	Body Pump Charry
						Lite Pace Aqua PP Ward	
5:30pm	ABT Rosetta	Body Pump Yuton	Body Pump Rosetta		Body Pump Rosetta		
	Hatha Yoga Catalina						
6:00pm				Body Pump Hannah			
				RPM Yuton			
6:30pm	Queens Birthday Public Holiday Gym Closes 7pm	Body Balance Amanda	Cycle Eshref	Power Aqua PP Dani	Hatha Yoga Jeanette		
		Box / HCT Rosetta	Hatha Yoga Jeanette				
		Power Aqua SW Donna					
7:00pm				Pilates Yuton			
7:30pm							

Bayside Studio
 Functional Training Zone
 Mind Body Studio
 Seniors
 (S) = Seasonal
 Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP or Hydro = Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. Lesmills, Cycle, RPM and Aqua classes run for 45 mins. All other classes run for 50 mins. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes.
www.innerwest.nsw.gov.au