



Easter Long Weekend

LPAC Health & Fitness Timetable

Gym hours 6:00 am to 7:00 pm

Friday 18 th April		
Centre Closed		

Saturday 19 th April		
Time	Class	Studio
7:00am	RPM	FTZ
7:00am	Hatha Yoga	Bayside
8:00am	Cardio Boxing	Bayside
9:00am	Body Pump	Bayside
9:00am	Move Well	Mind Body
9:30am	RPM	FTZ
10:00am	Pilates	Bayside
10:00am	Aqua DW	Dive Pool
11:30am	Tai Chi	Bayside
4:00pm	Aqua SW	50m Pool
4:30pm	Vinyasa Yoga	Bayside
4:30pm	Cycle	FTZ

Sunday 20 th April (continued over page)		
Time	Class	Studio
8:00am	Cycle	FTZ
9:00am	Total Body Seniors	Bayside
9:00am	Aqua SW	50m Pool
10:00am	Ashtanga Yoga	Mind Body

INNER WEST

Sunday 20 th April (continued)		
Time	Time	Time
10:00am	Body Combat	Bayside
10:00am	Aqua DW	Dive Pool
11:00am	Pilates	Bayside
11:45am	Meditation	Mind Body

Monday 21 st April		
Time	Class	Studio
6:00am	Body Pump	Bayside
6:00am	Cycle	FTZ
7:00am	Hatha Yoga	Bayside
7:00am	Aqua DW	Dive Pool
7:30am	Strong Seniors	FTZ/Bayside
9:00am	FIT30:Stretch & Mobility	Mindbody
9:30am	Body Pump	Bayside
9:30am	Aqua DW	Dive Pool
10:30am	Body Balance	Bayside
11:00am	FIT30:HIIT	FTZ
11:30am	Active Seniors	Bayside
12:00pm	Seniors & Gentle Aqua	Program Pool
12:00pm	FIT30:HIIT	FTZ
5:00pm	FIT30:HIIT	FTZ
5:30pm	Body Combat	Bayside
5:30pm	Hatha Yoga	Mind Body