

MAIN STUDIO

VIRTUAL CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	HIIT	LES MILLS BODYPUMP				LES MILLS BODYPUMP	HIIT
6:30 AM			CARDIO BOXING				
7:00 AM	YOGA	HIIT		CORE			
8:00 AM	LES MILLS BODYATTACK		FIT AND FABULOUS	PILATES	FIT AND FABULOUS	CARDIO BOXING	YOGA
8:30 AM				LES MILLS BODYPUMP			
9:00 AM					LES MILLS BODYPUMP	LES MILLS BODYPUMP	
9:30 AM	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP	YOGA			LES MILLS BODYBALANCE
10:00 AM					YOGA	PILATES	
10:30 AM	PILATES	PILATES	YOGA	ZUMBA			LES MILLS BODYPUMP
11:00 AM					PILATES	YOGA	
11:30 AM	DANCEFIT	FIT AND FABULOUS	PILATES	YOGA			
12:00 PM	FIT AND FABULOUS				PILATES		
12:30 PM			LES MILLS BODYATTACK				
1:00 PM				LES MILLS BODYBALANCE		LES MILLS BODYATTACK	
4:00 PM		DANCEFIT				ZUMBA	
4:30 PM	PILATES		CORE				
5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	DANCEFIT	PILATES	ZUMBA		
6:30 PM	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE		
7:15 PM				DANCEFIT			
7:30 PM	LES MILLS BODYBALANCE	YOGA	YOGA		LES MILLS BODYCOMBAT		
8:30 PM				YOGA			

FUNCTIONAL TRAINING

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	FX30	PWR	FX30	FX30	PWR		
6:30 AM	FX30	PWR		FX30	PWR		
7:30 AM						FX30	FX30
8:15 AM						FX30	FX30
9:00 AM						FX30	
9:30 AM	FX30	PWR	PWR		FX30		
10:15 AM	ABT						
12:30 PM		FX30	PWR	FX30			
6:00 PM	PWR	ABT	FX30	PWR			
6:45 PM	FX30	FX30	ABT				

REFORMER ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM	Reformer Pilates		Reformer Pilates				
9:30 AM	Reformer Pilates		Reformer Pilates	Reformer Pilates	Reformer Pilates		
10:00 AM	Reformer Pilates		Reformer Pilates	Reformer Pilates	Reformer Pilates		
10:30 AM			Reformer Pilates		Reformer Pilates		
11:00 AM			Reformer Pilates				

CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	SPIN		SPIN		SPIN		
8:00 AM	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN
9:00 AM	SPIN	SPIN	SPIN	SPIN	SPIN		
11:00 AM	SPIN		SPIN				
12:00 PM		SPIN		SPIN			
5:30 PM	SPIN			SPIN		SPIN	SPIN
6:00 PM		SPIN			SPIN		
6:30 PM	SPIN			SPIN			



Up to 3 minutes after class starts
Last chance to get a ticket.



Entry 5 minutes after the class starts is
NOT PERMITTED.



Keep up to date with the latest timetable!

Scan the code to view the most up to date version of the timetable. Members can also book into our classes up to 7 days in advance via the BlueFit Health Club app. Due to instructor availability classes are subject to change without notice. For the most up to date timetable and opening hours please visit our website: lanecoveaquatic.com.au/timetable

Check out our Virtual
Reformer classes today!



Access reformer at anytime.
Scan the QR Code to find out more.

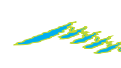
POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM					AQUA		
8:30 AM	AQUA						AQUA
9:00 AM		AQUA	AQUA	AQUA	AQUA		
9:30 AM	AQUA						AQUA
10:00 AM		AQUA	AQUA	AQUA	AQUA	AQUA	
10:30 AM	AQUA						
11:00 AM						AQUA	
6:30 PM	AQUA						
7:00 PM			AQUA				

UPCOMING PUBLIC HOLIDAY

DAY	DATE	CLASS
GOOD FRIDAY	FRIDAY - 03 APR 2026	NO CLASSES
EASTER SATURDAY	SATURDAY - 04 APR 2026	8:15 AM - FX30 9:00 AM - FX30 9:00 AM - BODYPUMP 10:00 AM - AQUA 10:00 AM - PILATES 11:00 AM - AQUA 11:00 AM - YOGA 4:00 PM - ZUMBA
EASTER SUNDAY	SUNDAY - 05 APR 2026	VIRTUAL CLASSES ONLY
EASTER MONDAY	MONDAY - 06 APR 2026	VIRTUAL CLASSES ONLY
ANZAC DAY	SATURDAY - 25 APR 2026	VIRTUAL CLASSES ONLY
ADDITIONAL ANZAC DAY PUBLIC HOLIDAY	MONDAY - 27 APR 2026	VIRTUAL CLASSES ONLY
KING'S BIRTHDAY	MONDAY - 08 JUN 2026	VIRTUAL CLASSES ONLY

*HEALTH CLUB IS OPEN 24/7

 **LANE COVE**
AQUATIC LEISURE CENTRE

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GROUP APR - JUN 2026 FITNESS TIMETABLE



Scan the QR code to
view our opening hours.

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