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				

CLASS DESCRIPTIONS

AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
LesMILLS BODYATTACK	BODY ATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
LesMILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Bring your yoga mat and begin the journey
LesMILLS BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories and is suitable for all fitness levels.
LesMILLS BODYPUMP	Pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Definitely suitable for all ages and fitness levels.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
LesMILLS CORE	Is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
DANCEFIT	Dance Fitness is a choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!
FIT AND FABULOUS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
HIIT	High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
PWRX	A 30 minute power workout aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of barbells and dumbbells.
Reformer Pilates	A beginner-friendly, educational reformer class where you learn the basics at a steady pace. Build foundational core strength, improve your posture and gain the confidence to use the reformers on your own.
SPIN	An indoor cycling class set to the rhythm of motivating music.
YOGA	Combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.

LANE COVE AQUATIC LEISURE CENTRE

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GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

LANE COVE AQUATIC LEISURE CENTRE

lanecoveaquatic.com.au

MAIN STUDIO

VIRTUAL CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	HIIT	LesMILLS BODYPUMP				LesMILLS BODYPUMP	HIIT
6:30 AM			CARDIO BOXING				
7:00 AM	YOGA	HIIT		LesMILLS CORE			
8:00 AM			FIT AND FABULOUS	PILATES	FIT AND FABULOUS	CARDIO BOXING	YOGA
8:00 AM	PILATES						
8:30 AM				LesMILLS BODYPUMP			
9:00 AM					LesMILLS BODYPUMP	LesMILLS BODYPUMP	
9:30 AM	LesMILLS BODYPUMP	PILATES	LesMILLS BODYPUMP	YOGA			LesMILLS BODYBALANCE
10:00 AM					YOGA	PILATES	
10:30 AM	PILATES	PILATES	YOGA	ZUMBA fitness			LesMILLS BODYPUMP
11:00 AM					PILATES	YOGA	
11:30 AM	DANCEFIT	FIT AND FABULOUS	PILATES				
11:30 AM				FIT AND FABULOUS			
12:00 PM	FIT AND FABULOUS				PILATES		
12:30 PM			LesMILLS BODYATTACK				
1:00 PM				LesMILLS BODYBALANCE		LesMILLS BODYATTACK	
4:00 PM		DANCEFIT				ZUMBA fitness	
4:30 PM	PILATES		LesMILLS CORE				
5:30 PM	LesMILLS BODYPUMP	LesMILLS BODYPUMP	DANCEFIT	PILATES	ZUMBA fitness		
6:30 PM	LesMILLS BODYCOMBAT	PILATES	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE		
7:15 PM				DANCEFIT			
7:30 PM	LesMILLS BODYBALANCE	YOGA	YOGA		LesMILLS 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	FX30	FX30			
5:45 PM					PWR		
6:00 PM	PWR	ABT	FX30	PWR			
6:45 PM	FX30	FX30	ABT				

REFORMER ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	Reformer Pilates						
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	Reformer Pilates		
10:30 AM		Reformer Pilates	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			

UPCOMING PUBLIC HOLIDAY

DAY	DATE	FACILITY HOURS*	CLASS
LABOUR DAY	MONDAY - 05 OCT 2026	8AM - 6PM	ALL CLASSES

***HEALTH CLUB IS OPEN 24/7**

Check out our Virtual Reformer classes today!

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

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**