CLASS DESCRIPTIONS

AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and 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!
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
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.
Silver Sneakers	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
SPIN	An indoor cycling class set to the rhythm of motivating music.
STEP	A step workout with a muscle conditioning segment to help you activate both your cardiovascular system and strength. Burn fat, tones muscle and always includes an awesome core finisher!
TABATA	Tabata consists of short, intense periods of aerobic exercises and less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness level.
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.
VIRTUAL CLASSES	When you see this icon the class is a virtual class.

HURSTVILLE AQUATIC LEISURE CENTRE

Proudly owned by GEORGES RIVER COUNCIL

Proudly managed by BLUEfit

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

HURSTVILLE AQUATIC LEISURE CENTRE

hurstvilleaquatic.com.au

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		LesMills BODYPUMP	PILATES	LesMills BODYPUMP			
7:00 AM						CARDIO BOXING	
7:15 AM				FIT AND FABULOUS			
8:00 AM	FIT AND FABULOUS		FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	LesMills BODYATTACK	
8:30 AM							PILATES
9:00 AM						LesMills BODYPUMP	
9:30 AM	STEP	LesMills BODYPUMP	CARDIO BOXING	LesMills BODYCOMBAT	LesMills BODYPUMP		PILATES
10:00 AM						LesMills BODYCOMBAT	
10:30 AM	LesMills BODYBALANCE	PILATES	TABATA	YOGA	PILATES		LesMills BODYPUMP
11:00 AM						LesMills BODYBALANCE	
11:30 AM	TABATA	LesMills BODYBALANCE	LesMills BODYBALANCE		YOGA		
12:00 PM						ZUMBA fitness	
12:30 PM	LesMills BODYPUMP		LesMills BODYPUMP	LesMills BODYPUMP			
1:30 PM	LesMills CORE	LesMills BODYCOMBAT	LesMills CORE				
3:00 PM						LesMills BODYPUMP	
4:00 PM						LesMills BODYCOMBAT	LesMills BODYCOMBAT
4:30 PM		LesMills BODYPUMP	YOGA	LesMills BODYCOMBAT	LesMills BODYATTACK		
5:30 PM	LesMills BODYPUMP	YOGA	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYPUMP		
6:30 PM	LesMills BODYCOMBAT	LesMills BODYCOMBAT	LesMills BODYPUMP	YOGA	LesMills BODYCOMBAT		
7:30 PM	PILATES	ZUMBA fitness	LesMills BODYCOMBAT	ZUMBA fitness			
8:30 PM	ZUMBA fitness	YOGA	LesMills BODYBALANCE	LesMills BODYCOMBAT			

POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	AQUA	AQUA	AQUA	AQUA	AQUA		
9:00 AM	AQUA	AQUA	AQUA	AQUA	AQUA		

FUNCTIONAL ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	FX30	FX30	FX30	FX30	FX30		
6:30 AM						FX30	FX30
8:00 AM							
8:30 AM						FX30	FX30
9:00 AM	FX30	FX30	FX30	FX30	FX30		
9:30 AM						SPIN	
5:30 PM	FX30		CARDIO BOXING	FX30			
6:30 PM	SPIN	CARDIO BOXING	FX30	CARDIO BOXING			
7:30 PM	CARDIO BOXING						

UPCOMING PUBLIC HOLIDAY

DAY	DATE	CLASS
LABOUR DAY	MONDAY - 05 OCT 2026	NO CLASSES

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

Entry 5 minutes after the class starts is NOT PERMITTED.

Check out our Virtual Reformer classes today!

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

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: **hurstvilleaquatic.com.au/timetable**