CLASS DESCRIPTIONS

ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
ABT	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
active TEENS	Fully supervised class aimed at teaching teenagers the benefits of exercise with emphasis on correct techniques in a social, fun and motivating environment.
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 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.
DANCEFIT	Dance Fitness is a 1 hour 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.
KB MAX	A 30 minute full body workout with kettlebells designed to get your heart pumping!
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.
SUPER CIRCUIT	Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
YOGA	YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.
VIRTUAL CLASSES	When you see this icon the class is a virtual class.

Oran Park
Leisure Centre

Proudly owned by camden council

Proudly managed by BLUEfit

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

Oran Park
Leisure Centre

oranparkleisurecentre.com.au

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM		PILATES		PILATES			
7:30 AM			ZUMBA fitness				
8:30 AM		FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	LesMILLS BODYPUMP	
9:00 AM	LesMILLS BODYPUMP						
9:30 AM		LesMILLS BODYPUMP	LesMILLS BODYPUMP	ZUMBA fitness	LesMILLS BODYPUMP	LesMILLS BODYATTACK	
10:30 AM	YOGA	ABT	ABT			YOGA	
12:30 PM	LesMILLS BODYBALANCE	LesMILLS BODYBALANCE	HIIT	LesMILLS BODYATTACK	LesMILLS BODYBALANCE		LesMILLS BODYATTACK
5:30 PM	LesMILLS BODYPUMP	ZUMBA fitness	ZUMBA fitness	ABT	SUPER CIRCUIT		
6:30 PM	ZUMBA fitness		LesMILLS BODYPUMP	ABS & STRETCH	ABS & STRETCH		
7:30 PM	PILATES	YOGA		PILATES			

POOL

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

FUNCTIONAL TRAINING SPACE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	PWR	FX30	KB MAX	FX30	PWR		
7:15 AM						FX30	
8:00 AM						FX30	PWR
9:00 AM						PWR	FX30
9:30 AM	PWR	FX30	FX30	KB MAX	PWR		
12:30 PM	FX30	PWR	PWR	FX30	PWR	PWR	PWR
4:00 PM		active TEENS	active TEENS	active TEENS			
5:30 PM	PWR	FX30	FX30	KB MAX			
6:00 PM					FX30		
6:30 PM	FX30	KB MAX	PWR	FX30	PWR		

UPCOMING PUBLIC HOLIDAY

DAY	DATE	FACILITY HOURS	CLASS
LABOUR DAY	MONDAY - 05 OCT 2026	8 AM - 4 PM	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.

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: **oranparkleisurecentre.com.au/timetable**