

From 9 February 2026

# ***TIMETABLE***



**FIT<sub>FOR</sub>  
ALL**

# BEATON PARK CLASS BOOKINGS

(02) 4227 7755



~30 minute \*45 minute

## ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	YOGA	PILATES			LES MILLS BODYBALANCE		
8:00am	Seniors YOGA		Seniors YOGA	Interval Training	LES MILLS Shapes	LES MILLS BODYBALANCE	CORE LES MILLS BODYBALANCE
9:15am	LES MILLS BODYBALANCE	tone	LES MILLS BODYBALANCE	CORE	tone	LES MILLS BODYBALANCE	tone
10:30am	Active Life	LES MILLS BODYBALANCE	LitePace	LES MILLS BODYBALANCE	Active Life	Active Life	
12:15pm		LES MILLS Shapes			LES MILLS BODYBALANCE		
4:30pm	Strength Training*	Cardio Boxing*	Dance Fit*	Strength Training*	Dance Fit*		
5:30pm	tone	tone CORE	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP		
6:30pm	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	PILATES	YOGA	LES MILLS Shapes		

## MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am			LES MILLS BODYPUMP				
8:00am	Interval Training	Active Seniors	LES MILLS Shapes	Active Seniors	Active Seniors	LES MILLS BODYPUMP	
9:15am	Cardio Boxing*	LES MILLS BODYCOMBAT	Freestyle Aerobics	LES MILLS BODYCOMBAT	Freestyle Aerobics	LES MILLS BODYSTEP	
10:30am	LES MILLS BODYPUMP	Active Life	LES MILLS BODYPUMP		LES MILLS BODYPUMP		
4:30pm							LES MILLS BODYPUMP
5:30pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP				

## OUTDOOR

Saturday 8:00am Cardio Boxing\*

**Classes in Yellow:** Following our revised program we have new classes, and refreshed classes. These yellow classes are in a **trial phase** and will **need member support to continue**. Book into try these classes and enjoy!

## CYCLE STUDIO

RPM is a 45 minute program

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		LES MILLS RPM		LES MILLS RPM OR Cycle			
8:00am					LES MILLS RPM		
8:15am						LES MILLS RPM	LES MILLS RPM
9:15am		LES MILLS RPM		LES MILLS RPM			
12:15pm	LES MILLS RPM		LES MILLS RPM				
5:30pm	LES MILLS RPM			LES MILLS RPM			
6:30pm		LES MILLS RPM					

## POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics		Aquarobics
1:00pm		Active Senior Aquarobics	Active Senior Aquarobics	Active Senior Aquarobics			
7:00pm	Aquarobics		Aquarobics				
Dapto	Aquarobics in Outdoor Heated 50m Pool located 28 Bangaroo Ave, Dapto. Bookings via online portal						
9:00am		Aquarobics		Aquarobics		Aquarobics	

# LAKE SIDE CLASS BOOKINGS

(02) 4227 7600



~30 minute \*45 minute

	MON	TUES	WED	THURS	FRI	SAT
6:15am	Cardio Boxing*	LES MILLS BODYPUMP *	Interval Training*	Cardio Boxing*	LES MILLS BODYPUMP *	
7:15am						Interval Training*
8:00am	Active Seniors		Active Seniors		Active Seniors	YOGA
9:15am	LES MILLS BODYPUMP	Strength Training*	STEP Freestyle		LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:15am		LES MILLS BODYBALANCE			LES MILLS BODYBALANCE	
10:30am	Active Life		Active Tai Chi	Active Life		
5:30pm	LES MILLS BODYPUMP	YOGA	LES MILLS BODYPUMP			
6:30pm	STEP Freestyle*	Cardio Boxing*		LES MILLS BODYBALANCE		

## CLASS DESCRIPTIONS

All classes are 60 minutes unless otherwise specified. For class descriptions and information on our group exercise classes please speak with our Leisure Centre staff

**SCAN THE QR CODE BELOW  
FOR ONLINE BOOKINGS.**



### Group Exercise Requirements

**Bookings are not essential; however, we recommend you book in advance to secure your place**

- Bookings are accepted online or over the phone 25 hours prior to the class
- You are required to bring a large towel to class
- Casuals must pay in full to reserve place (no refund for non-attendance)
- Please do not enter the studio until the previous class has vacated
- Participants are not permitted to enter a class more than 5 minute after the starting time. Staff will advise upon arrival and refuse entry. Members who are running late can attend an alternative activity offered such as gym, pool or sauna
- Body Pump requires a 5min set up time, Please arrive 10min prior.
- Members are to set up their own equipment once checked in. The reservation of spots in our studio spaces is not permitted.
- We recommend the use of a nonslip yoga mat for Body Balance and other classes that include floor-based exercises

**Beaton Park Class Bookings: (02) 4227 7755**

**Lakeside Class Bookings: (02) 4227 7600**

**Email: [leisurecentres@wollongong.nsw.gov.au](mailto:leisurecentres@wollongong.nsw.gov.au)**

**Web: [wollongong.nsw.gov.au/leisurecentres](http://wollongong.nsw.gov.au/leisurecentres)**

**Corrimal Heated Pool: (02) 4284 9135**

**Dapto Heated Pool: (02) 4261 1963**



Beaton Park  
and Lakeside  
Leisure Centres



Beaton Park and Lakeside  
Leisure Centres are a service  
of Wollongong City Council