

From 9 February 2026

TIMETABLE



BEATON PARK CLASS BOOKINGS

(02) 4227 7755



~30 minute *45 minute

ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	YOGA	PILATES			LESMILLS BODYBALANCE		
8:00am	Seniors YOGA		Seniors YOGA	Interval Training	LESMILLS Shapes	LESMILLS BODYBALANCE	CORE BODYBALANCE
9:15am	LESMILLS BODYBALANCE	tone	LESMILLS BODYBALANCE	CORE	tone	LESMILLS BODYBALANCE	tone
10.30am	Active Life	LESMILLS BODYBALANCE	LitePace	LESMILLS BODYBALANCE	Active Life	Active Life	
12:15pm		LESMILLS Shapes			LESMILLS BODYBALANCE		
4:30pm	Strength Training*	Cardio Boxing*	Dance Fit*	Strength Training*	Dance Fit*		
5:30pm	tone	tone CORE	LESMILLS BODYSTEP	LESMILLS BODYCOMBAT	LESMILLS BODYSTEP		
6:30pm	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	PILATES	YOGA	LESMILLS Shapes		

MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am			LESMILLS BODYPUMP				
8:00am	Interval Training	Active Seniors	LESMILLS Shapes	Active Seniors	Active Seniors	LESMILLS BODYPUMP	
9:15am	Cardio Boxing*	LESMILLS BODYCOMBAT	Freestyle Aerobics	LESMILLS BODYCOMBAT	Freestyle Aerobics	LESMILLS BODYSTEP	
10.30am	LESMILLS BODYPUMP	Active Life	LESMILLS BODYPUMP		LESMILLS BODYPUMP		
4:30pm						LESMILLS BODYPUMP	
5:30pm	LESMILLS BODYPUMP		LESMILLS 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			LESMILLS RPM		LESMILLS RPM OF Cycle		
8:00am					LESMILLS RPM		
8:15am						LESMILLS RPM	LESMILLS RPM
9:15am			LESMILLS RPM		LESMILLS RPM		
12.15pm		LesMILLS RPM		LesMILLS RPM			
5:30pm		LesMILLS RPM		LesMILLS RPM			
6:30pm		LESMILLS 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	Aquarobics

LAKESIDE CLASS BOOKINGS

(02) 4227 7600

~30 minute *45 minute



	MON	TUES	WED	THURS	FRI	SAT
6:15am	Cardio Boxing*	LESMILLS BODYPUMP *	Interval Training*	Cardio Boxing*	LESMILLS BODYPUMP *	
7.15am						Interval Training*
8:00am	Active Seniors		Active Seniors		Active Seniors	YOGA
9.15am	LESMILLS BODYPUMP	Strength Training*	STEP Freestyle		LESMILLS BODYPUMP	LESMILLS BODYPUMP
10.15am		LESMILLS BODYBALANCE			LESMILLS BODYBALANCE	
10.30am	Active Life		Active Tai Chi	Active Life		
5:30pm	LESMILLS BODYPUMP	YOGA	LESMILLS BODYPUMP			
6.30pm	STEP Freestyle*	Cardio Boxing*		LESMILLS 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

Web: 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