GROUP FITNESS TIMETABLE 2026

NORTH SYDNEY OLYMPIC POOL – GROUP FITNESS TIMETABLE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
MORNING							
6am	Reformer	Reformer	Reformer	Reformer	Reformer		
	BODYPUMP	MAT PILATES	YOGA HATHA	BODYPUMP	SHAPES		
7am	Reformer	Reformer	Reformer	Reformer	Reformer		
	BOXING	YOGA HATHA	BODYPUMP	MAT PILATES	BODYPUMP		
	SHALLOW AQUA indoor 25m pool	SHALLOW AQUA indoor 25m pool	SHALLOW AQUA indoor 25m pool		SHALLOW AQUA indoor 25m pool		
8am		SHALLOW AQUA indoor 25m pool	AQUA ZUMBA indoor 25m pool	SHALLOW AQUA indoor 25m pool		Reformer	Reformer
							SHAPES
9am	SHALLOW AQUA indoor 25m pool					Reformer	Reformer
9.15am	Reformer	Reformer	Reformer	Reformer	Reformer		
	MAT PILATES	BOXING	ZUMBA GOLD	DANCE FIT	ZUMBA	BODYPUMP	BODYCOMBAT
10.15am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	
	ACTIVE SENIOR Strength	ACTIVE SENIOR Balance	ACTIVE SENIOR Strength	ACTIVE SENIOR Balance	YOGA VINYASA	BODYATTACK	BODYPUMP
			r		DEEP AQUA outdoor 50m pool		
11.15am	ZUMBA GOLD	ACTIVE SENIOR Strength	ACTIVE SENIOR Stretch	ACTIVE SENIOR Stretch		Reformer	
11.30am	Reformer	Reformer		Reformer	Reformer		
					DANCE FIT	MAT PILATES	YOGA HATHA
MIDDAY							
12.30pm	Reformer	Reformer	DEEP AQUA outdoor 50m pool	Reformer	Reformer		
		BODYPUMP	MAT PILATES	BODYCOMBAT			
EVENING							
3.30pm						ZUMBA	BODYPUMP
4.30pm							YOGA VINYASA
5.30pm	Reformer	Reformer	Reformer	Reformer	Reformer		
	BODYBALANCE	BODYPUMP	BODYCOMBAT	BODYBALANCE	ZUMBA		
6.30pm	Reformer	Reformer	Reformer	Reformer	Reformer		
	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYATTACK	SHAPES		
6.45pm	DEEP AQUA outdoor 50m pool	AQUA ZUMBA indoor 25m pool	SHALLOW AQUA indoor 25m pool	SHALLOW AQUA indoor 25m pool			
7.30pm	Reformer	Reformer					
	BODYCOMBAT	ZUMBA	YOGA VINYASA	BODYPUMP			

All classes are correct at time of publishing. From time to time, and due to unforeseen circumstances, the timetable is subject to changes at the last minute.