

GROUP FITNESS TIMETABLE 2026

NORTH SYDNEY OLYMPIC POOL - GROUP FITNESS TIMETABLE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
MORNING							
6am	BODYPUMP	MAT PILATES	YOGA HATHA	BODYPUMP	SHAPES		
	Reformer	Reformer	Reformer	Reformer	Reformer		
	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception			
7am	BOXING	YOGA HATHA	BODYPUMP	MAT PILATES	BODYPUMP		
	Reformer	Reformer	Reformer	Reformer	Reformer		
	SHALLOW AQUA indoor 25m pool		SHALLOW AQUA indoor 25m pool				
8am		SHALLOW AQUA indoor 25m pool		SHALLOW AQUA indoor 25m pool		Reformer	Reformer
9am						Reformer	Reformer
9.15am	MAT PILATES	BOXING	ZUMBA GOLD	DANCE FIT	ZUMBA	BODYPUMP	BODYCOMBAT
	Reformer	Reformer	Reformer	Reformer	Reformer		
10.15am	ACTIVE SENIOR	ACTIVE SENIOR	ACTIVE SENIOR	ACTIVE SENIOR	YOGA VINYASA	BODYATTACK	BODYPUMP
	Reformer	Reformer	Reformer	Reformer	Reformer		
MIDDAY							
12.30pm		BODYPUMP	MAT PILATES	BODYCOMBAT			
EVENING							
5.30pm	BODYBALANCE	BODYPUMP	BODYCOMBAT	BODYBALANCE	ZUMBA		
	Reformer	Reformer	Reformer	Reformer			
6pm	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception	Hybrid Run Club meet at reception			
6.30pm	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYATTACK	SHAPES		
	Reformer	Reformer	Reformer	Reformer			
6.45pm	DEEP AQUA outdoor 50m pool	SHALLOW AQUA indoor 25m pool	SHALLOW AQUA indoor 25m pool	SHALLOW AQUA indoor 25m pool			
7.30pm	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.