

John Smeaton Leisure Centre

Day & Time	Activity
Mon 10.30am - 11.30am	Active Life*
Mon 4.00pm - 5.00pm	Heart Watch*
Mon 4.00pm - 5.00pm	Junior Gym 12-15 (induction required)*
Mon 6.00pm - 7.00pm	Boxercise**
Mon 6.00pm - 7.00pm	Legs Bums and Tums**
Mon 7.15pm - 8.00pm	Aqua Fit**
Tue 4.00pm - 5.00pm	Junior Gym 12-15 (induction required)*
Tue 6.15pm - 7.15pm	Aerobics**
Wed 4.00pm - 5.00pm	Junior Gym 12-15 (induction required)*
Wed 6.00pm - 7.00pm	Circuit Training**
Wed 7.00pm - 8.00pm	20/20/20**
Wed 8.00pm-8.45pm	Aqua Fit**

Day & Time	Activity
Thu 09.15am - 10.15am	Heart Watch*
Thu 09.00am - 09.45am	Aqua Fit**
Thu 10.30am - 12.00pm	Yoga (term time only)*
Thu 4.00pm - 5.00pm	Junior Gym 12-15 (induction required)*
Thu 6.00pm - 7.00pm	Aerobics**
Thu 7.00pm - 8.00pm	Circuit Training**
<hr/>	
Fri 10.00am - 11.00am	Aerobics**
Fri 11.00am - 12.00pm	Active Life**
Fri 4.00pm - 5.00pm	Junior Gym 12-15 (induction required)*
Fri 6.00pm - 7.00pm	Aerobics**
<hr/>	
Sat 9.00am - 10.00am	Aerobics**
Sat 10.00am - 11.00am	Legs Bums and Tums**
Sat 12.00pm - 1.00pm	Junior Gym 12-15 (induction required)*
<hr/>	
Sun 10.30am - 11.30am	20/20/20**

Additional Information

BODYLINE GYM OPENING TIMES:

Monday-Friday 7.00am-10.00pm

Saturday 9.00am-7.00pm

Sunday 9.00am-8.00pm