



Bairnsdale Aquatic and Recreation Centre

TEMPORARY GROUP FITNESS TIMETABLE

ROOF WORKS GYM CLOSURE
FEBRUARY 16 2026 to MARCH 13 2026

*Please note the location of each class as they will be held between the **BARC** and the **WORLD Sporting Precinct (Wallace St)**

16 – 20 FEB	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	STRENGTH Lynne		RUSH HOUR Belinda		RUSH HOUR Belinda
8.00am		STRENGTH Lynne		STRENGTH Lynne	
9.15am		STRENGTH Lynne			
5:30pm	ZUMBA Nicole				

23 – 27 FEB	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	STRENGTH Lynne		RUSH HOUR Belinda		RUSH HOUR Belinda
8.00am		STRENGTH Lynne		STRENGTH Lynne	
9.15am		STRENGTH Lynne			
9:45am				Express Bodyweight HIIT Hannah	Express Bodyweight HIIT Hannah
10.30am				STRETCH & CORE Hannah	STRETCH & CORE Hannah
1:00pm			ZUMBA GOLD Nicole		
5:30pm	ZUMBA Nicole				

For more information phone (03) 5152 5710
www.barcleisure.com.au





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FEBRUARY 16 2026 to MARCH 13 2026

2 – 6 MARCH	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	STRENGTH Lynne		RUSH HOUR Belinda		RUSH HOUR Belinda
8.00am		STRENGTH Lynne		STRENGTH Lynne	
9.15am		STRENGTH Lynne			
9:45am				Express Bodyweight HIIT Hannah	Express Bodyweight HIIT Hannah
10.30am				STRETCH & CORE Hannah	STRETCH & CORE Hannah
1:00pm			ZUMBA GOLD Nicole		
5:30pm	ZUMBA Nicole				

9 – 13 MARCH	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	STRENGTH Lynne		RUSH HOUR Belinda		RUSH HOUR Belinda
8.00am		STRENGTH Lynne		STRENGTH Lynne	
9.15am		STRENGTH Lynne			
9:45am				Express Bodyweight HIIT Hannah	Express Bodyweight HIIT Hannah
10.30am				STRETCH & CORE Hannah	STRETCH & CORE Hannah
5:30pm	ZUMBA Nicole				

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16 – 20 FEB	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am				AQUACISE Jordan	
9.15am	AQUACISE Sheree	AQUACISE Jordan	AQUACISE Sheree	AQUACISE Jordan	
10.00am				STRETCH & FLEX Jordan	
10.15am	AQUACISE Sheree	AQUAFIT Jordan			

23 FEB to 13 MARCH	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am				AQUACISE Jordan	
9.15am	AQUACISE Sheree	AQUACISE Jordan		AQUACISE Jordan	AQUACISE Sheree
10.00am				STRETCH & FLEX Jordan	
10.15am	AQUACISE Sheree	AQUAFIT Jordan			

*Change of day

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