

NLC ALTERNATIVE TIMETABLE

September 18 - October 1

Bookings for all group fitness classes are essential. As per usual, please book in via our website Noosaleisurecentre.com.au

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30		Circuit (Kirsten)		Circuit (Kirsten)	Yoga Flow (Claire)
6:45	Noosa Yoga (Marina)		Noosa Yoga (Marina)		
7:00					
7:30				Lite Fitness Pilates (Nicki)	
7:45		Body Moves (Nicki)			Lite Fitness (Nicki)
8:00	Lite Fitness (Nicki)		Chair Yoga (Liz)		
8:45				Pound (Nicki)	
9:00		Pilates Fusion (Kate)			
9:15	Core Fitness (Gemma)		Zumba* (27/09 ONLY) Carmen		Core Fitness (Gemma)
9:30					Soulfit Dance* (Carmen)
9:45				Boxfit (Kate)	
10:00		Pure Strength (Kate)			
10:15					Mum & Bubs Pilates (Gemma)
10:30	Pilates Fusion (Nicki)		Power Bar* (Nicki)		
10:45					Fitness Pilates* (29/09 ONLY)
11:00		Yoga (Claire)		Stretch Flow (Kate)	
11:45					
12:15		Soulfit Dance* (Carmen)			
16:00			Yoga for Core (Kate)		

Important information

-Noise from the amenities upgrade may be experienced during your visit, especially during the demolition period 18/9 to 29/9.

-No Creche available during the Alternative Timetable period.

-Portable toilets will be located at the front of NLC for your convenience while the amenities are upgraded.

Noosa Leisure Centre Alt. Timetable

18 September - 22 September



Social Pickleball at Olive Donaldson Pavilion

Noosa Sports Complex on Mckinnon Drive

Time	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:30	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts
8:30 - 10:00	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts
10:00 - 11:30	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts
11:30 - 1:00	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts
4:00 - 6:00			Session 5 8 Spots Available @ Olive Donaldson Courts	
6:00 - 7:30			Session 6 8 Spots Available @ Olive Donaldson Courts	

Pickleball Sessions will be held at The Olive Donaldson Pavilion on Mckinnon Drive, near the Netball Courts.

Bookings for these sessions are essential as spaces are limited.

Please do not book yourself into more than one session per day.

NLC Staff will be on site to check you in and out of the facility.

Book online at Noosaleisurecentre.com.au

Noosa Leisure Centre Alt. Timetable

25 September - 29 September



Social Pickleball at Olive Donaldson Pavilion

Noosa Sports Complex on Mckinnon Drive

Time	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:30	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts	Session 1 8 Spots Available @ Olive Donaldson Courts
8:30 - 10:00	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts	Session 2 8 Spots Available @ Olive Donaldson Courts
10:00 - 11:30	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts	Session 3 8 Spots Available @ Olive Donaldson Courts
11:30 - 1:00	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts	Session 4 8 Spots Available @ Olive Donaldson Courts
5:00 - 6:30			Session 5 8 Spots Available @ Olive Donaldson Courts	
6:30 - 8:30			Session 6 8 Spots Available @ Olive Donaldson Courts	

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