

Mill Park Leisure

GROUP FITNESS

TIMETABLE



NOTE: Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	BOXING	BODYPUMP (45MIN)	LM TONE	METAFIT	HIIT		
8:15AM						BODYPUMP	
8:30AM							PILATES
9:30AM	BODYPUMP	BODYBALANCE	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
10:35AM	BODYCOMBAT	ZUMBA	BODYPUMP	YOGA	BODYPUMP	BOXING	ZUMBA
11:40AM	YOGA	PILATES	SENIOR STRENGTH	ZUMBA GOLD	SENIOR CARDIO		
5:30PM	HIIT	SCULPT	BODYPUMP	BODYSTEP	BODYPUMP		
6:30PM	BODYATTACK	BODYPUMP	BOXING	BODYPUMP	ZUMBA		
7:30PM	BODYPUMP	PILATES	BODYBALANCE	ZUMBA	VIRTUAL BODY BALANCE		

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM		VIRTUAL RPM	CYCLE		SPRINT		
9:30AM	RPM	CYCLE			CYCLE	CYCLE	LES MILLS SPRINT
10:30AM			VIRTUAL SPRINT	VIRTUAL RPM			
12:30PM		VIRTUAL RPM					
5:30PM		RPM	CYCLE				VIRTUAL RPM
6:30PM	RPM			CYCLE			
7:30PM			VIRTUAL SPRINT				

REFORMER PILATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				
7:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
8:30AM					REFORMER PILATES		
9:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
10:30AM		REFORMER PILATES				REFORMER PILATES	REFORMER PILATES
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			

AQUA AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM	AQUAFIT	AQUA WW	AQUA WW		AQUAFIT		
9:15AM		AQUAFIT		AQUA WW	AQUAFIT		
10:15AM	AQUA WW		AQUAFIT	AQUAFIT	AQUA WW		
7:30PM			AQUAFIT		AQUAFIT		

PROGRAM ROOM 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						YOGA	
9:20AM						MEDITATION (30MIN)	
11:40AM	YOGA						
5:30PM	HATHA YOGA		METAFIT				
6:00PM							

*Please provide your own boxing inners

[Click here to download the Active World App to book your group fitness classes.](#)