

Mill Park Leisure

Group Exercise Timetable

22 Mon Dec - 28 Sun Dec

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Mat Pilates	BODYPUMP		Closed: Christmas Day			
	8.15am						BODYPUMP	
	8.30am							Pilates
	9.30am	BODYPUMP	SHAPES	HIIT		BODYBALANCE	BODYSTEP	BODYATTACK
	10.00am							Zumba
	10.35am	BODY COMBAT	Zumba	BODYPUMP		BODYPUMP		
	11.30am						STRENGTH DEVELOPMENT	
	11.40am	Yoga	Pilates	Senior Strength				
	5.30pm	SHAPES	BODYCOMBAT					
	6.30pm	BODYATTACK	BODYPUMP					
	7.30pm	BODYPUMP						

Aqua Aerobics		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.15am	Aqua			Closed: Christmas Day			
	9.15am	Warm Water Aqua	Aqua	Warm Water Aqua		Aqua		
	10.15am	Warm Water Aqua	Aqua Gentle	Aqua		Warm Water Aqua		

Program Room 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.30am				Closed: Christmas Day		Yoga	
	5.30pm	Hatha Yoga						
	6.30pm		Vinyasa Yoga					
	7.30pm	Yoga	Pilates					

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reformer Pilates	8.30am	Reformer Pilates			Closed: Christmas Day	Reformer Pilates		Reformer Pilates
	9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates	Reformer Pilates
	10.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates	
	5.30pm		Reformer Pilates					
	6.30pm	Reformer Pilates	Reformer Pilates					
	7.30pm	Reformer Pilates	Reformer Pilates					

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle	8.30am				Closed: Christmas Day		RPM	
	10.30am	RPM						
	9.30am		RPM					
	6.30pm	RPM						



Please note the timetable is subject to change.
Always check Active World App for most up-to-date class schedule.

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

Mill Park Leisure

Group Exercise Timetable

29 Mon Dec - 4 Sun Jan

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Mat Pilates						
	8.15am						BODYPUMP	
	8.30am							Pilates
	9.30am	BODYPUMP	SHAPES	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
	10.35am	BODYCOMBAT	Zumba			BODYPUMP		Zumba
	10.35am			BODYPUMP				
	11.40am	Yoga						
	5.30pm		BODYCOMBAT					
	6.30pm	BODYATTACK	BODYPUMP			Zumba		
	7.30pm	BODYPUMP						

Aqua Aerobics		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.15am			Warm Water Aqua				
	9.15am	Warm Water Aqua	Aqua	Warm Water Aqua		Aqua		
	10.15am	Warm Water Aqua			Aqua	Warm Water Aqua		

Program Room 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.30am						Yoga	
	5.30pm	Hatha Yoga						
	7.30pm	Yoga						

Cycle		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.30am						RPM	
	9.30am		RPM			Cycle		
	10.30am	RPM						
	6.30pm	RPM						

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Group Exercise Timetable

29 Mon Dec - 4 Sun Jan

Reformer Pilates		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am	Reformer Pilates	Reformer Pilates	Reformer Pilates				
	8.30am	Reformer Pilates	Reformer Pilates			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	Reformer Pilates	Reformer Pilates
	11.40am							
	5.30pm	Reformer Pilates	Reformer Pilates					
	6.30pm	Reformer Pilates	Reformer Pilates					
	7.30pm		Reformer Pilates					



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Group Exercise Timetable

5 Mon Jan - 11 Sun Jan

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Mat Pilates	BODYPUMP		Meta Fit	BODYPUMP		
	8.15am						BODYPUMP	
	8.30am						Yoga	
	9.30am	BODYPUMP	SHAPES	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
	10.35am	BODYCOMBAT						
	10.35am		Zumba	BODYPUMP		BODYPUMP	Boxing	Zumba
	11.30am						STRENGTH DEVELOPMENT	
	11.40am	Yoga		Senior Strength	Zumba Gold	Seniors Cardio		
	5.30pm		BODYCOMBAT	BODYPUMP	BODYSTEP	BODYPUMP		
	6.30pm	BODYATTACK	BODYPUMP	Boxing	STRENGTH DEVELOPMENT	Zumba		
	7.30pm	BODYPUMP	Pilates	BODYBALANCE	Zumba			

Aqua Aerobics		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.15am		Warm Water Aqua					
	9.15am	Warm Water Aqua	Aqua	Warm Water Aqua	Warm Water Aqua	Aqua		
	10.15am	Warm Water Aqua		Aqua	Aqua	Warm Water Aqua		
	7.30pm			Aqua		Warm Water Aqua		

Cycle		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am					Cycle		
	10.30am	RPM						
	9.30am		RPM			Cycle	Cycle	Cycle
	5.30pm		The Trip	Cycle				
	6.30pm	RPM			Cycle			

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Group Exercise Timetable

5 Mon Jan - 11 Sun Jan

Reformer Pilates		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am			Reformer Pilates				
	7.00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	8.30am	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates		Reformer Pilates
	9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
	10.30am			Reformer Pilates			Reformer Pilates	
	5.30pm			Reformer Pilates	Reformer Pilates	Reformer Pilates		
	6.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	7.30pm	Reformer Pilates	Reformer Pilates					

Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am	Strength			Strength	Functional		
	9.30am	Strength			Strength	Ladies Lifting		
	4.30pm		Teen Gym	Teen Gym	Teen Gym			
	6.00pm	Strength	Aerobic		Functional			
	7.00pm	Strength	Aerobic					

Program Room 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5.30pm	Hatha Yoga			Vinyasa Yoga			
	7.30pm	Yoga						