

# Mill Park Leisure

## Group Exercise Timetable

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Mat Pilates	BODYPUMP (45MIN)	Virtual BODYCOMBAT	METAFIT	SHAPES ★		
	7.00am	Virtual BODYPUMP	Virtual BODYBALANCE	Virtual BODYPUMP	Virtual Core	Virtual LES MILLS DANCE		
	8.15am						BODYPUMP	
	8.30am							Pilates
	9.30am	BODYPUMP	SHAPES	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
	10.35am	BODYCOMBAT	Zumba	BODYPUMP	Yoga	BODYPUMP	Boxing	Zumba
	11.30am			Senior Strength		Walking Group	STRENGTH DEVELOPMENT	Virtual BODYPUMP
	11.40am	Yoga	Pilates		Zumba Gold	Senior Cardio		
	4.30pm		Teen Gym		Teen Gym			
	5.30pm	SHAPES	Sculpt	BODYPUMP	BODYSTEP	BODYPUMP		
	6.30pm	BODYATTACK	BODYPUMP	Boxing	STRENGTH DEVELOPMENT	Zumba		
	7.30pm	BODYPUMP	Pilates	BODYBALANCE	Zumba	Virtual BODYBALANCE		
	8.30pm	Virtual BODYBALANCE	Virtual Dance	Virtual Core	Virtual BODYBALANCE			

Aqua Aerobics		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.15am	Aqua	Aqua WW	Aqua WW	Gentle Aqua Aerobics	Aqua	Aqua T	
	9.15am	Aqua WW	Aqua Fit	Aqua WW	Aqua WW	Aqua		
	10.15am	Aqua WW	Gentle Aqua Aerobics	Aqua	Aqua	Aqua WW		
	12.30pm	Aqua			Aqua			
	7.30pm			Aqua		Aqua WW		

Functional Training		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am	Strength			Strength	Functional		
	9.30am	Strength	Aerobic		Strength	★ Women's Lifting		
	6.00pm	Strength	Aerobic		Functional			
	7.00pm	Strength	Aerobic					

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## Group Exercise Timetable

Cycle Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Virtual Sprint	Virtual RPM	Cycle	Virtual The Trip	Cycle		
	8.30am						RPM	Virtual Sprint
	9.30am	Virtual Sprint	Cycle	Virtual The Trip		Cycle	Cycle	Cycle
	10.30am	RPM	Virtual Sprint	Virtual Sprint	Virtual RPM		Virtual Sprint	Virtual The Trip
	12.30pm		Virtual RPM		Virtual Sprint	Virtual Sprint		
	5.30pm		The Trip	Cycle	Virtual Sprint			Virtual RPM
	6.30pm	RPM			Cycle	Virtual The Trip		
	7.30pm	Virtual The Trip		Virtual Sprint	Virtual RPM			

Reformer Pilates		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.10am	Reformer Pilates	Reformer Pilates	Reformer Pilates	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	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	Reformer Pilates	Reformer Pilates
	5.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	6.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			
	7.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			

Program Room 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.30am						Yoga	
	5.30pm	Hatha Yoga			Vinyasa Yoga			
	6.00pm			Metafit				
	6.30pm		Vinyasa Yoga					

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## Group Exercise Timetable

Offsite		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Brookewood Community Centre Doreen							
	9.30am				Yoga			
	Mernda Uniting Church							
	10.30am				Fit 4 Life			

### Legend



If you see an amber dot on the timetable against a class, it is an opportunity for you to support the class as we look to improve the attendance.



Should the attendance not improve, a red dot will replace the amber dot. If there has been no improvement an alternative will be sought which may result in a new instructor, a new class format or both.



New class added

**Virtual**

45 minute virtual group fitness class.



Trial class



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.