Mill Park Leisure
Group Exercise Timetable

Main Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.10am	Yoga	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 HEAVY	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	BODYCOMBAT	BODYPUMP	BODYSTEP	BODYPUMP		
6.30pm	BODYATTACK	BODYPUMP	Boxing	BODYPUMP	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	Aqua Fit
9.15am	Aqua WW	Aqua Fit	Aqua WW	Aqua WW	Aqua		
10.15am		Gentle Aqua Aerobics	Aqua		Aqua WW		
10.30am	Aqua WW			Aqua			
12.30pm	Aqua			Aqua			
7.30pm			Aqua		Aqua WW		

Program Room 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am						Yoga	
9.30am					Pre/Post Natal Yoga		
5.30pm	Hatha Yoga			Vinyasa Yoga			
6.00pm			Metafit				
6.30pm		Vinyasa Yoga					

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Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.10am			Cycle		Cycle		
8.30am						RPM	
9.30am		Cycle		RPM	Cycle	Cycle	Cycle
10.30am	RPM						
12.30pm							
5.30pm		RPM	Cycle				
6.30pm	RPM			Cycle			

Reformer Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.10am	Reformer Pilates	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	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 ●			

Functional Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	Strength			Strength	Functional		
9.30am	Strength	Aerobic		Strength	Women's Lifting		
11.40am		Senior Strength ★					
6.00pm	Strength	Aerobic		Functional			
7.00pm	Strength	Aerobic					

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Offsite		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Brookewood Community Centre Doreen							
	9.30am				Yoga			
	Mernda Uniting Church							
	10.30am				Fit 4 Life			
	Whittlesea Tennis and Pickleball Club							
	10.30am				Zumba			
	Olivine Donnybrook							
	9.30am	Chair Yoga						

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.

T 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.

City of Whittlesea