

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	MAT PILATES	BODYPUMP (45MIN)		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			

*Please provide your own boxing inners

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM		VIRTUAL RPM	CYCLE		CYCLE		
8:30AM						RPM	
9:30AM		CYCLE			CYCLE	CYCLE	CYCLE
10:30AM	RPM		VIRTUAL SPRINT	VIRTUAL RPM			
12:30PM		VIRTUAL RPM					
5:30PM		LM SPRINT	CYCLE				VIRTUAL RPM
6:30PM	RPM			CYCLE			
7:30PM		RPM	VIRTUAL SPRINT	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	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	REFORMER PILATES		
7:30PM	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	AQUA WW	AQUAFIT	AQUA WW	AQUA WW	AQUAFIT		
10:15AM	AQUA WW	GENTLE AQUA AEROBICS	AQUAFIT	AQUAFIT	AQUA WW		
7:30PM			AQUAFIT		AQUA WW		

PROGRAM ROOM 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						YOGA	
9:20AM						MEDITATION (30MIN)	
4:30PM				TEEN GYM			
5:30PM	HATHA YOGA			VINYASA YOGA			
6:00PM			METAFIT				
6:30PM		VINYASA YOGA					
7:30PM	VINYASA YOGA			PILATES			

CONNECT 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	C30 STRENGTH			C30 STRENGTH	C30 FUNCTIONAL		
9:30AM	C30 STRENGTH	C30 AEROBIC		C30 STRENGTH			
6:00PM	C30 STRENGTH	C30 AEROBIC		C30 STRENGTH			
7:00PM	C30 STRENGTH	C30 AEROBIC					

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