

Mill Park Leisure



Group Fitness Timetable

Our Group Fitness Timetable is here!

To learn more about each class type visit:
millparkleisure.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	Virtual BODYCOMBAT	BODYPUMP	Virtual SH'BAM	HIIT	Virtual BODYPUMP		
8:15 AM						BODYPUMP	Pilates
8:30 AM	Virtual Core			Virtual Core			
9:20 AM	BODYPUMP	BODYBALANCE	Freestyle Step	BODYPUMP	SH'BAM		
9:30 AM						BODYSTEP	BODYATTACK
10:35 AM	BODYSTEP	Zumba	BODYPUMP	MetaFIT	BODYPUMP	TONE	Zumba
11:40 AM	Yoga	Pilates	Senior Strength	BODYBALANCE	Senior Cardio	Virtual SH'BAM	Virtual BODYBALANCE
12:45 PM			HIIT				
4:30 PM	Virtual BODYCOMBAT		Virtual SH'BAM			Virtual BODYBALANCE	
5:30 PM	HIIT	Hi-Low	BODYPUMP	TONE	BODYPUMP		
6:30 PM	BODYATTACK	BODYPUMP	BODYATTACK	BODYSTEP	BODYBALANCE		
7:30 PM	BODYPUMP	Pilates	Yoga	Zumba			



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Cycle Timetable

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM			Cycle		Sprint		
9:15 AM						RPM	
9:30 AM		Cycle					
12:30 PM					RPM		
5:30 PM		RPM	RPM				
6:30 PM	RPM			Cycle			

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Aqua Aerobics Timetable

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Timetable is here!

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class type visit:
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.15 AM	AquaFit		AquaWW		AquaFit		
9.15 AM		AquaFit		AquaFit			
10.15 AM	AquaWW		AquaFit	AquaFit	AquaWW		
7:15 PM			AquaFit				

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MX4 Training Timetable

Our Group Fitness
Timetable is here!

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class type visit:
millparkleisure.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	MX4 Functional Training		MX4 Functional Training		MX4 Functional Training		
9:30 AM	MX4 Functional Training	MX4 Functional Training	MX4 Functional Training	MX4 Functional Training		MX4 Functional Training	MX4 Functional Training
5:15 PM		MX4 Functional Training		MX4 Functional Training			
6:15 PM	MX4 Functional Training	MX4 Functional Training	MX4 Functional Training				

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Reformer Pilates

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM		Reformer Pilates					
9:30 AM			Reformer Pilates		Reformer Pilates		Reformer Pilates
10:45 AM		Reformer Pilates		Reformer Pilates			
5:45 PM	Reformer Pilates		Reformer Pilates				
6.30PM		Reformer Pilates		Reformer Pilates			