

Connect30 Timetable

Mill Park Leisure

	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.](#)