

# Mill Park Leisure Holiday Group Fitness Timetable



**Monday 30 December - Sunday 5 January**

## Main Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	MAT PILATES	VIRTUAL BODYPUMP		VIRTUAL BODYCOMBAT	BODYPUMP 45min		
8:15AM				WALKING GROUP		BODYPUMP	
8:30AM							MAT PILATES
9:30AM	BODYPUMP	LM CORE	YOGA	BODYPUMP	VIRTUAL BODYBALANCE	BODYSTEP	BODYATTACK
10:35AM	BODYCOMBAT	ZUMBA	BODYPUMP 45min	YOGA	BODYPUMP	VIRTUAL BODYCOMBAT	ZUMBA
11:40AM	VIRTUAL BODYBALANCE	MAT PILATES	VIRTUAL BODYCOMBAT	VIRTUAL LES MILLS DANCE	SENIOR CARDIO		VIRTUAL BODYPUMP
5:30PM	HIIT		VIRTUAL BODYPUMP	BODYSTEP	BODYPUMP		
6:30PM	BODYCOMBAT		VIRTUAL BODYCOMBAT	BODYPUMP	VIRTUAL LES MILLS DANCE		
7:30PM	VIRTUAL BODYPUMP			VIRTUAL LES MILLS DANCE			
8:30pm	VIRTUAL BODYBALANCE						

## Aqua Aerobics

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM	AQUAFIT	AQUA WW	AQUAFIT		AQUAFIT		
9:15AM	AQUA WW	AQUAFIT	AQUA WW	AQUA WW	AQUAFIT		
10:15AM	AQUA WW	GENTLE AQUA AEROBICS	AQUAFIT	AQUAFIT	AQUA WW		
7:30PM					AQUA WW		

## Program Room 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						YOGA	
5:30PM	HATHA YOGA			VINYASA YOGA			
6:00PM			METAFIT				
7:30PM				PILATES			

## Cycle Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	VIRTUAL SPRINT	VIRTUAL RPM			CYCLE		
8:30AM						RPM	
9:30AM	VIRTUAL SPRINT	RPM	VIRTUAL THE TRIP		CYCLE	CYCLE	CYCLE
10:30AM	RPM					VIRTUAL SPRINT	VIRTUAL THE TRIP
5:30PM			VIRTUAL RPM				
6:30PM	RPM			VIRTUAL RPM	VIRTUAL THE TRIP		
7:30PM	VIRTUAL THE TRIP						

## Reformer Pilates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	REFORMER PILATES						
7:00AM		REFORMER PILATES		REFORMER PILATES			
8:30AM		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
5:30PM	REFORMER PILATES			REFORMER PILATES	REFORMER PILATES		
6:30PM	REFORMER PILATES			REFORMER PILATES			