

# Mill Park Leisure Holiday Group Fitness Timetable



Monday 16 December - Sunday 22 December

## Main Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	MAT PILATES	BODYPUMP (45MIN)	VIRTUAL BODYCOMBAT	METAFIT	BODYPUMP (45MIN)		
7:00AM	VIRTUAL BODYPUMP	VIRTUAL BODYBALANCE	VIRTUAL BODYPUMP	VIRTUAL CORE	VIRTUAL LES MILLS DANCE		
8:15AM				WALKING GROUP		BODYPUMP	
8:30AM							MAT PILATES
9:30AM	BODYPUMP	LM CORE	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
10:35AM	BODYCOMBAT	ZUMBA	BODYPUMP	YOGA	BODYPUMP	*BOXING	ZUMBA
11:40AM	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	SENIOR STRENGTH	VIRTUAL LES MILLS DANCE	SENIOR CARDIO		VIRTUAL BODYPUMP
5:30PM	HIIT	BODYSULPT	BODYPUMP	BODYSTEP	BODYPUMP		
6:30PM	BODYATTACK	BODYPUMP	*BOXING	BODYPUMP	ZUMBA		
7:30PM	BODYPUMP	MAT PILATES	BODYBALANCE	ZUMBA	VIRTUAL BODYBALANCE		
8:30pm	VIRTUAL BODYBALANCE	VIRTUAL LES MILLS DANCE	VIRTUAL CORE	VIRTUAL BODYBALANCE			

## 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		

## B Active Functional Training

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

## Cycle Studio

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

## Reformer Pilates

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

## Program Room 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						YOGA	
4:30PM		*TEEN GYM		*TEEN GYM			
5:30PM	HATHA YOGA			VINYASA YOGA			
6:00PM			METAFIT				
6:30PM		VINYASA YOGA					
7:30PM				PILATES			