

Mill Park Leisure Holiday Group Fitness Timetable



Monday 23 December - Sunday 29 December

Main Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	VIRTUAL BODYBALANCE	VIRTUAL BODYPUMP			VIRTUAL BODYPUMP		
7:00AM	VIRTUAL BODYPUMP	VIRTUAL BODYBALANCE			VIRTUAL LES MILLS DANCE		
8:15AM				WALKING GROUP		BODYPUMP	
8:30AM							VIRTUAL BODYBALANCE
9:30AM	BODYPUMP	LM CORE		BODYPUMP	BODYBALANCE	MAT PILATES	BODYATTACK
10:35AM	BODYCOMBAT	ZUMBA		YOGA	BODYPUMP	VIRTUAL BODYCOMBAT	ZUMBA
11:40AM	VIRTUAL BODYBALANCE	MAT PILATES		ZUMBA GOLD	SENIOR CARDIO		VIRTUAL BODYPUMP
5:30PM	HIIT			VIRTUAL BODYCOMBAT	BODYPUMP		
6:30PM	BODYATTACK			VIRTUAL BODYPUMP	VIRTUAL LES MILLS DANCE		
7:30PM	VIRTUAL BODYPUMP				VIRTUAL BODYBALANCE		
8:30pm	VIRTUAL BODYBALANCE						

Aqua Aerobics

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

Reformer Pilates

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