

Mill Park Leisure Group Fitness Timetable

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							PILATES
9:30AM	BODYPUMP	LM CORE	HIIT	BODYPUMP	BODYBALANCE	BODYSTEP	BODYATTACK
10:35AM	BODYCOMBAT	ZUMBA	BODYPUMP	YOGA	BODYPUMP	*BOXING	ZUMBA
11:40AM	YOGA	PILATES	SENIOR STRENGTH	ZUMBA GOLD	SENIOR CARDIO		VIRTUAL BODYPUMP
5:30PM	HIIT	SCULPT	BODYPUMP	BODYSTEP	BODYPUMP		
6:30PM	BODYATTACK	BODYPUMP	*BOXING	BODYPUMP	ZUMBA		
7:30PM	BODYPUMP	PILATES	BODYBALANCE	ZUMBA	VIRTUAL BODYBALANCE		
8:30pm	VIRTUAL BODYBALANCE	VIRTUAL DANCE	VIRTUAL CORE	VIRTUAL BODYBALANCE			

Aqua Aerobics

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM	AQUAFIT	AQUA WW	AQUA WW	★ GENTLE AQUA AEROBICS	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		

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	VIRTUAL SPRINT
9:30AM	VIRTUAL SPRINT	CYCLE	VIRTUAL THE TRIP		CYCLE	CYCLE	CYCLE
10:30AM	RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL RPM		VIRTUAL SPRINT	VIRTUAL THE TRIP
12:30PM		VIRTUAL RPM		VIRTUAL SPRINT	VIRTUAL SPRINT		
5:30PM		THE TRIP	CYCLE	VIRTUAL SPRINT			VIRTUAL RPM
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	REFORMER PILATES	● REFORMER PILATES	REFORMER PILATES			
7:00AM	REFORMER PILATES	REFORMER PILATES	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	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	REFORMER PILATES	REFORMER PILATES	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			

Note: Timetable is subject to change. Always check Active World App for most up-to-date class schedule.

Legend



Please provide your own boxing inners.



If you see an amber dot on the timetable against a class, it is an opportunity for you to support the class as we look to improve the attendance.



Should the attendance not improve, a red dot will replace the amber dot. If there has been no improvement an alternative will be sought which may result in a new instructor, a new class format or both.



New class added

VIRTUAL

45 minute virtual group fitness class.

[Click here to download the Active World App to book your group fitness classes.](#)

