

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 | | 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 | 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.

VIRTUAL

45 minute virtual group fitness class.

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

