

MIDLANDS PARK HEALTH & FITNESS CLUB

Fitness Class Timetable



Monday

7am
Heated Spin
10:00am
Pump
11am
Aqua Aerobics
1pm
Heated Spin
6pm
Heated Spin
7pm
Virtual Spin

Tuesday

7am
HIIT
10:00am
Heated Spin
1pm
HIIT
6pm
Step
7pm
Virtual Spin
7pm
Aqua Aerobics

Wednesday

7am
Heated Spin
10:00am
HIIT
11am
Aqua Aerobics
1pm
Pump
6pm
Pump
7pm
Virtual Spin

Thursday

7am
Pump
10:00am
Step
1pm
HIIT
6pm
HIIT
7pm
Virtual Spin
7pm
Aqua Aerobics

Friday

7am
Heated Spin
10:00am
Heated Spin
11am
Aqua Aerobics
1pm
Heated Spin
6pm
Heated Spin
7pm
Virtual Spin

Saturday

10:00am
Spin & Coffee
1pm
Virtual Spin
4pm
Virtual Spin

Sunday

10:00am
Spin & Coffee
1pm
Virtual Spin
4pm
Virtual Spin