

MIDLANDS PARK HEALTH & FITNESS CLUB

Class Timetable

Monday

6:30am-7:15am

Heated Spin

9:30am-10:15am

Pump

Virtual Spin

11am-11:45am

Aqua Aerobics

1pm - 1:30pm

HIIT

Virtual Spin

5:00pm-5:45pm

Virtual Spin

6pm-6:45pm

Heated Spin

7pm-07:45pm

Bootcamp

Tuesday

6:30am-7:15am

Mind & Body

Virtual Spin

9:30am-10:15am

HIIT

Virtual Spin

1pm - 1:30pm

Core

Virtual Spin

5:00pm-5:45pm

Virtual Spin

6pm-6:45pm

Step Aerobics

7pm-7:45pm

Aqua Aerobics

Wednesday

6:30am-7:15am

Heated Spin

9:30am-10:15am

Bootcamp

Virtual Spin

11am-11:45am

Aqua Aerobics

1pm-1:30pm

Bootcamp

Virtual Spin

5:00pm-5:45pm

Virtual Spin

6pm-6:45pm

Heated Spin

7pm-7:45pm

Functional Fitness

Thursday

6:30am-7:15am

HIIT

Virtual Spin

9:30am-10:15am

Core

Virtual Spin

1pm - 1:30pm

Mind & Body

Virtual Spin

5:00pm-5:45pm

Virtual Spin

6pm-6:45pm

Functional Fitness

7pm-7:45pm

Aqua Aerobics

Friday

6:30am-7:15am

Heated Spin

9:30am-10:15am

Mind & Body

Virtual Spin

1pm-1:30pm

Pump

Virtual Spin

5:00pm-5:45pm

Virtual Spin

6pm-6:45pm

Heated Spin

7pm-7:45pm

Bootcamp

Saturday

9:30:10:15am

Heated Spin

10:30-11:15am

Bootcamp

Sunday

9:30:10:15am

Heated Spin

10:30-11:15am

Functional Fitness