

MIDLANDS PARK HEALTH & FITNESS CLUB

Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-7:45am Virtual Spin	7:00am-7:45am Virtual Spin	7:00am-7:45am Virtual Spin	7:00am-7:45am Virtual Spin	7:00am-7:45am Heated Spin		
9:30am-10:15am Pump Virtual Spin	9:30am-10:15am HIIT Virtual Spin	9:30am-10:15am Bootcamp Virtual Spin	9:30am-10:15am Core Virtual Spin	9:30am-10:15am Mind & Body Virtual Spin		9:30:10:15am Heated Spin
11am-11:45am Aqua Aerobics		11am-11:45am Aqua Aerobics			10:30-11:15am Bootcamp	10:30-11:15am Functional Fitness
1pm - 1:30pm Virtual Spin	1pm - 1:30pm Core Virtual Spin	1pm-1:30pm Virtual Spin	1pm - 1:30pm Mind & Body Virtual Spin	1pm-1:30pm Virtual Spin		
5:00pm-5:45pm Virtual Spin	5:00pm-5:45pm Virtual Spin	5:00pm-5:45pm Virtual Spin	5:00pm-5:45pm Virtual Spin	5:00pm-5:45pm Virtual Spin		
6pm-6:45pm Heated Spin	6pm-6:45pm Step Aerobics	6pm-6:45pm Heated Spin	6pm-6:45pm Functional Fitness	6pm-6:45pm Heated Spin		
7pm-7:45pm Bootcamp		7pm-7:45pm Functional Fitness	7pm-7:45pm Aqua Aerobics	7pm-7:45pm Bootcamp		