

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 BTT Virtual Spin	9:30am-10:15am Bootcamp Virtual Spin	9:30am-10:15am Cross-Training Virtual Spin	9:30am-10:15am Kettlebells Virtual Spin		
10:15am-10:30am Core		11am-11:45am Aqua Aerobics			10:30-11:15am Bootcamp	10:30-11:15am Heated Spin
11am-11:45am Aqua Aerobics	1pm - 1:30pm Virtual Spin	1pm-1:30pm Virtual Spin	1pm - 1:30pm Virtual Spin	1pm-1:30pm 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 Step Aerobics	6pm-6:45pm Heated Spin	6pm-6:45pm Dance Fit	6pm-6:45pm Bootcamp		
6pm-6:45pm Bootcamp	7pm-7:45pm Kettlebells	7pm-7:45pm BTT	7pm-7:45pm Aqua Aerobics	7pm-7:45pm Heated Spin		
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