

# Oak Park Sports and Aquatic Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>GROUP FITNESS ROOM</b>	6.30 am	<b>STRENGTH</b>	<b>CIRCUIT</b>	<b>BODY PUMP</b>	VIRTUAL BODY ATTACK	<b>BODY PUMP</b>		
	7.30 am	VIRTUAL BODY ATTACK			VIRTUAL BODYBALANCE			
	8.00 am					VIRTUAL BODY ATTACK	VIRTUAL BODY PUMP	
	8.30 am		VIRTUAL CORE		VIRTUAL CORE			
	8.45 am			<b>CIRCUIT</b>		<b>CIRCUIT</b>		
	9.30 am	<b>ABT</b>	<b>BODY PUMP</b>	<b>YOGA</b>	<b>BODY PUMP</b>	<b>BODY BALANCE</b>	<b>BODY PUMP</b>	<b>CIRCUIT</b>
	10.30 am	<b>BODY BALANCE</b>	<b>ZUMBA</b>	VIRTUAL CORE	<b>BODY BALANCE</b>	<b>ZUMBA</b>	<b>BODY BALANCE</b>	<b>ZUMBA</b>
	11.30 am		<b>ACTIVE MOVERS</b>		<b>ACTIVE MOVERS</b>		VIRTUAL DANCE	VIRTUAL BODY BALANCE
	12.00 am	<b>ACTIVE MOVERS</b>						
	1.00 pm	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL ATTACK	VIRTUAL CORE	VIRTUAL PUMP	VIRTUAL GRIT CARDIO 30	VIRTUAL GRIT STRENGTH 30
	4.00 pm	VIRTUAL DANCE	VIRTUAL BODYATTACK	VIRTUAL BODYCOMBAT	VIRTUAL BODYBALANCE	VIRTUAL CORE	<b>YOGA</b>	VIRTUAL BODY COMBAT
	5.00 pm	VIRTUAL GRIT CARDIO 30	VIRTUAL GRIT ATHLETIC 30	VIRTUAL GRIT CARDIO 30	VIRTUAL GRIT ATHLETIC 30	VIRTUAL GRIT STRENGTH 30	VIRTUAL CORE	<b>YOGA</b>
	5.30 pm	<b>BODY PUMP</b>	<b>MAT PILATES</b>	<b>BODY PUMP</b>	<b>CIRCUIT</b>	<b>BODY COMBAT</b>		
	6.30 pm	<b>LES MILLS CORE</b>	<b>BODY PUMP</b>	<b>ZUMBA</b>	<b>BODY PUMP</b>	<b>MONTHLY MEDITATION</b>		
7.30 pm	<b>YOGA</b>	<b>BOXING CIRCUIT</b>	VIRTUAL BODYBALANCE	<b>YOGA</b>	VIRTUAL BODYBALANCE			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REFORMER STUDIO</b>	6.30 am		REFORMER PILATES		REFORMER PILATES		
	7.30 am		REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	
	8.30 am					REFORMER PILATES	REFORMER PILATES
	8.45 am	REFORMER PILATES					
	9.30 am					REFORMER PILATES	REFORMER PILATES
	11.30 am		REFORMER PILATES				
	12.00 pm			REFORMER PILATES		REFORMER PILATES	
	5.30 pm	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
6.30 pm	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		

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<b>OUT DOOR POOL</b>	8.00 am	AQUA November to July		AQUA November to July		AQUA November to July	

Scan the QR code for full class description



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