

OAK PARK SPORTS AND AQUATIC CENTRE



GROUP FITNESS TIMETABLE From Monday 29 September 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.30am	STRENGTH	6.30am	CIRCUIT	6.30am	BODY PUMP	6.30am	VIRTUAL BODY ATTACK	6.30am	BODY PUMP	8.00am	VIRTUAL BODY ATTACK	8.00am	VIRTUAL BODY PUMP
7.30am	VIRTUAL BODY ATTACK	6.30am	*REFORMER PILATES	7.30am	*REFORMER PILATES	6.30am	*REFORMER PILATES	7.30am	*REFORMER PILATES	8.30am	*REFORMER PILATES	8.30am	*REFORMER PILATES
8.00am	#AQUA	7.30am	*REFORMER PILATES	8.00am	#AQUA	7.30am	VIRTUAL BODY BALANCE	8.00am	#AQUA	9.30am	*REFORMER PILATES	9.30am	CIRCUIT
8.45am	*REFORMER PILATES	8.30am	VIRTUAL LES MILLS CORE	8.45am	CIRCUIT	8.30am	VIRTUAL LES MILLS CORE	8.45am	CIRCUIT	9.30am	BODY PUMP	9.30am	*REFORMER PILATES
9.30am	ABT	9.30am	BODY PUMP	9.30am	YOGA	9.30am	BODY PUMP	9.30am	BODY BALANCE	10.30am	BODY BALANCE	10.30am	ZUMBA
10.30am	BODY BALANCE	10.30am	ZUMBA	10.30am	VIRTUAL LES MILLS CORE	10.30am	BODY BALANCE	10.30am	ZUMBA	11.30am	VIRTUAL LES MILLS DANCE	11.30am	VIRTUAL BODY BALANCE
12.00pm	ACTIVE MOVERS	11.30am	*REFORMER PILATES	12pm	*REFORMER PILATES	11.30am	ACTIVE MOVERS	12pm	*REFORMER PILATES	1.00pm	VIRTUAL LES MILLS GRIT CARDIO 30	1.00pm	VIRTUAL LES MILLS GRIT STRENGTH 30
1.00pm	VIRTUAL BODY PUMP	1.00pm	VIRTUAL BODY BALANCE	1.00pm	VIRTUAL BODY ATTACK	1.00pm	VIRTUAL LES MILLS CORE	1.00pm	VIRTUAL BODY PUMP	4.00pm	YOGA	4.00pm	VIRTUAL BODY COMBAT
4.00pm	VIRTUAL LES MILLS DANCE	4.00pm	VIRTUAL BODY ATTACK	4.00pm	VIRTUAL BODY COMBAT	4.00pm	VIRTUAL BODY BALANCE	4.00pm	VIRTUAL LES MILLS CORE	5.00pm	VIRTUAL LES MILLS CORE	5.00pm	YOGA
5.00pm	VIRTUAL LES MILLS GRIT CARDIO 30	5.00pm	VIRTUAL LES MILLS GRIT ATHLETIC 30	5.00pm	VIRTUAL LES MILLS GRIT CARDIO 30	5.00pm	VIRTUAL LES MILLS GRIT ATHLETIC 30	5.00pm	VIRTUAL LES MILLS GRIT STRENGTH 30	5.30pm	BODY COMBAT	5.30pm	*REFORMER PILATES
5.30pm	*REFORMER PILATES	5.30pm	MAT PILATES	5.30pm	BODY PUMP	5.30pm	CIRCUIT	5.30pm	*REFORMER PILATES	6.30pm	*REFORMER PILATES	6.30pm	*Monthly FULL MOON MEDITATION
5.30pm	BODY PUMP	6.30pm	*REFORMER PILATES	5.30pm	*REFORMER PILATES	5.30pm	*REFORMER PILATES	5.30pm	BODY COMBAT	6.30pm	VIRTUAL BODY BALANCE	7.30pm	VIRTUAL BODY BALANCE
6.30pm	*REFORMER PILATES	6.30pm	BODY PUMP	6.30pm	ZUMBA	6.30pm	BODY PUMP	6.30pm	*REFORMER PILATES				
6.30pm	LES MILLS CORE	7.30pm	*REFORMER PILATES	6.30pm	*REFORMER PILATES	6.30pm	*REFORMER PILATES	6.30pm	*REFORMER PILATES				
7.30pm	YOGA	7.30pm	BOXING CIRCUIT	7.30pm	VIRTUAL BODY BALANCE	7.30pm	YOGA	7.30pm	VIRTUAL BODY BALANCE				



Please note:

Timetable is subject to change.

*Reformer Pilates incurs an extra fee

#Aqua classes start 3 November 2025