fitnessperfection ORANGE

GROUP FITNESS TIMETABLE

LesMills

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00am	HIIT45	HIIT STRENGTH	HIIT45	HIIT STRENGTH	HIIT45	7:00am	LesMills RPM	
6:00am	HIIT45	HIIT STRENGTH	HIIT45	HIIT STRENGTH	HIIT45	7:00am	HIIT45	
6:00am	LesMills sprint	LesMills RPM	BOOT CAMP	LesMills sprint	LesMills BODYPUMP 45	7:30am		HIIT45
9:10am	LesMills BODYPUMP	REVITALISE	HIIT45	REVITALISE	LesMills CORE	8:00am	HIIT45	
9:10am		LesMills sprint		HIIT45		8:00am	LesMills BODYPUMP	
1:00pm	HIIT30	HIIT30 STRENGTH	HIIT30		HIIT30	9:00am		LesMills RPM
1:00pm	LesMills RPM		LesMills sprint	LesMills BODYPUMP 45	LesMills sprint	9:00am		LesMills BODYPUMP
5:30pm	HIIT45	LesMills BODYPUMP	HIIT45	LesMills BODYPUMP	HIIT30	9:15am	YOGA	
5:30pm	LesMills RPM		LesMills RPM	HIIT45				
6:00pm	LesMills BODYPUMP	LesMills sprint			LesMills BODYBALANCE			
6:30pm		LesMills CORE						
7:00pm	LesMills BODYBALANCE							

AQUA FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:30am	AQUA		AQUA		AQUA	6:30am		
11am				AQUA		11am		
6:00pm	AQUA			AQUA		6:00pm		