

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00am	HIIT45	HIIT45	HIIT45			7:00am	LES MILLS RPM	
5:45am				HIIT45	HIIT45	8:00am	HIIT45	
6:00am	HIIT45	HIIT45	HIIT45			8:00am	LES MILLS BODYPUMP	
6:00am	LES MILLS GRIT	LES MILLS RPM	LES MILLS BODYPUMP 45	LES MILLS sprint	LES MILLS BODYPUMP 45	9:00am		LES MILLS RPM
9:10am	LES MILLS BODYPUMP	REVITALISE	HIIT45	REVITALISE HIIT45	LES MILLS CORE	9:00am		LES MILLS BODYPUMP
9:30am		LES MILLS sprint				9:15am	YOGA	
9:45am					LES MILLS GRIT			
10:15am	HIIT30	LES MILLS GRIT						
1:00pm	HIIT30		HIIT30		HIIT30			
1:10pm	LES MILLS RPM	LES MILLS GRIT	LES MILLS sprint	LES MILLS BODYPUMP 45	LES MILLS sprint			
5:30pm	HIIT45	LES MILLS BODYPUMP	FREESTYLE45	LES MILLS BODYPUMP	HIIT45			
5:30pm	LES MILLS RPM		LES MILLS RPM		LES MILLS sprint			
6:00pm	LES MILLS BODYPUMP	LES MILLS sprint			LES MILLS BODYBALANCE			
6:30pm		LES MILLS CORE	LES MILLS BODYBALANCE					
7:00pm	LES MILLS 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		