

GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00AM		CARDIOstrength 30				5.45AM Fitness DEVELOPMENT 45	
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	tabata 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	7.10AM Fitness DEVELOPMENT 45	
6:30AM			LES MILLS BODYBALANCE 45		YIN YOGA 45	8:00AM LES MILLS BODYATTACK 30	
8:45AM		STRENGTH & CORE 30				8:20AM LES MILLS BODYATTACK 45	
8:50AM						8:35AM LES MILLS BODYPUMP 45	
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	Strength DEVELOPMENT 45	9:15AM LES MILLS BODYPUMP 45	
9:15AM		LES MILLS BODYATTACK 30				9:30AM	
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		10:10AM	LES MILLS BODYBALANCE 45
9:50AM	LES MILLS BODYBALANCE 55	YOGA 45			ZUMBA 45	10:30AM	LES MILLS BODYBALANCE 55
10:25AM			PILATES 45			5:00PM	PILATES 45
12:00PM		ABT 30	STRETCH & MOBILITY 45	ZUMBA 45	LES MILLS BODYPUMP 45		
4:15PM				YOGA 30			
4:50PM		LES MILLS BODYPUMP 30		Mindfulness DEVELOPMENT 30			
5:30PM	Fitness DEVELOPMENT 45	LES MILLS BODYBALANCE 45	CARDIO & CORE 30	LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		
6:00PM			STRENGTH & CORE 30				
6:20PM	LES MILLS BODYPUMP 45						
6:30PM		dance 45					
6:35PM			LES MILLS BODYBALANCE 45				
7:10PM	YOGA 60						



Download 'The Gap Fitness' app

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Everyone can attend this session but it will also act as a training sesh for The Gap Fitness Games and will run until the event (23 March). Book your spot in The Games via the app!

CYCLE CUBE TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00AM	RIDE REVOLUTION 30	LES MILLS sprint 30	RIDE REVOLUTION 30	LES MILLS sprint 30	LES MILLS RPM 30	6:30AM LES MILLS sprint 30	
5:45AM	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS RPM 45		LES MILLS RPM 45	8:00AM LES MILLS RPM 45	
9:00AM	LES MILLS RPM 45						
4:45PM		LES MILLS RPM 45					
4:50PM	LES MILLS RPM 30		LES MILLS sprint 30				
5:20PM		LES MILLS RPM 45					
5:30PM	LES MILLS RPM 45		LES MILLS RPM 45				



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CARDIO TENNIS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30PM		cardio tennis 60 Gap SS		cardio tennis 60 Gap SS		7:00AM cardio tennis 60 Gap SS	