

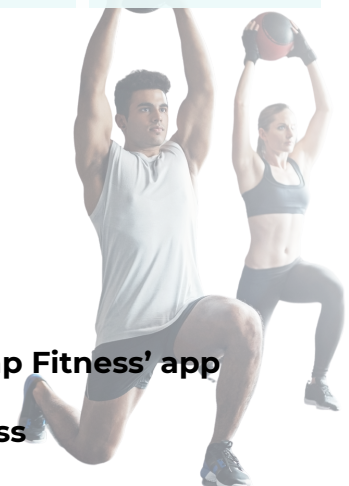
# GROUP FITNESS TIMETABLE AUTUMN EDITION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	TABATA 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	7.00AM	 Cardio Tennis 60	
6:30AM			LES MILLS BODYBALANCE 45		YIN YOGA 45	7.10AM	Fitness DEVELOPMENT 45	
8:45AM		STRENGTH & CORE 30	SALSA DANCE 45			8:00AM	LES MILLS BODYATTACK 30	
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	LES MILLS BODYPUMP 45	8:20AM		LES MILLS BODYATTACK 45
9:15AM		LES MILLS BODYATTACK 30				8:30AM	LES MILLS BODYPUMP 45	
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		9:15AM		LES MILLS BODYPUMP 45
9:50AM	LES MILLS BODYBALANCE 60	YOGA 45			FULL KOMBAT 45	9:25AM	DANZIKA 45	
10:25AM			PILATES 45			10:10AM		LES MILLS BODYBALANCE 45
4:15PM				YOGA 30		10:25AM	LES MILLS BODYBALANCE 45	
4:50PM		LES MILLS BODYPUMP 30		Mindfulness DEVELOPMENT 30		5:00PM		PILATES 45
5:20PM	LES MILLS BODYATTACK 45							
5:30PM		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	Rhythm & Beats DEVELOPMENT 45		SALSA DANCE 45				
6:30PM		 Cardio Tennis 60	FULL KOMBAT 45	 Cardio Tennis 60				
7:10PM	YOGA 60	Strength DEVELOPMENT 45						



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# CYCLE CUBE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:10AM	RIDE REVOLUTION 30	LES MILLS <b>sprint</b> 30	RIDE REVOLUTION 30	LES MILLS <b>sprint</b> 30	LES MILLS <b>RPM</b> 30
5:45AM	LES MILLS <b>RPM</b> 45	LES MILLS <b>sprint</b> 30	LES MILLS <b>RPM</b> 45	LES MILLS <b>sprint</b> 30	LES MILLS <b>RPM</b> 45
9:00AM	LES MILLS <b>RPM</b> 45				
4:50PM	LES MILLS <b>RPM</b> 30				
5:20PM		LES MILLS <b>RPM</b> 45			
5:30PM	LES MILLS <b>RPM</b> 45		LES MILLS <b>RPM</b> 45		

	SATURDAY	SUNDAY
6:30AM	LES MILLS <b>sprint</b> 30	
7:00AM		
8:00AM	LES MILLS <b>RPM</b> 45	
10:30AM	DANCE <b>CYCLE</b> 30	

## GET IN TOUCH

200 Settlement Road  
(07) 33006668 [thegapfitness.com.au](http://thegapfitness.com.au)

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