

# GROUP FITNESS TIMETABLE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

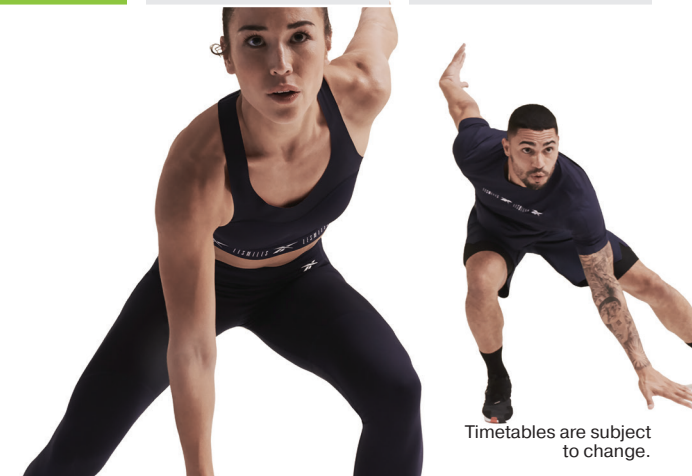
## SUNDAY

5:10 AM	RIDE REVOLUTION 30'	LesMILLS <i>sprint</i> 30'	RIDE REVOLUTION 30'	LesMILLS <i>sprint</i> 30'	LesMILLS <i>RPM</i> 30'	5:45 AM	Fitness DEVELOPMENT 45'	
5:45 AM	Fitness DEVELOPMENT 45' LesMILLS <i>RPM</i> 45'	LesMILLS <i>BODYPUMP</i> 45' LesMILLS <i>sprint</i> 30'	TABATA 45' LesMILLS <i>RPM</i> 45'	Strength DEVELOPMENT 45' LesMILLS <i>sprint</i> 30'	Fitness DEVELOPMENT 45' LesMILLS <i>RPM</i> 45'	6:30 AM	LesMILLS <i>sprint</i> 30'	
8:45 AM			SALSA DANCE 45'			7:10 AM	Fitness DEVELOPMENT 45' LesMILLS <i>RPM</i> 45'	
9:00 AM	Strength DEVELOPMENT 45' LesMILLS <i>RPM</i> 45'	LesMILLS <i>BODYATTACK</i> 45'	RIDE REVOLUTION 30'	LesMILLS <i>BODYATTACK</i> 30'	LesMILLS <i>BODYPUMP</i> 45'	8:00 AM	Canoe Tennis 60' LesMILLS <i>BODYATTACK</i> 30' RIDE REVOLUTION 30'	
9:35 AM			LesMILLS <i>BODYPUMP</i> 45'	LesMILLS <i>BODYBALANCE</i> 60'		8:20 AM		LesMILLS <i>BODYATTACK</i> 45'
9:50 AM	LesMILLS <i>BODYBALANCE</i> 45'	YOGA 45'			FULL KOMBAT 45'	8:30 AM		
4:15 PM				YOGA 30'		9:15 AM		LesMILLS <i>BODYPUMP</i> 45'
4:50 PM		LesMILLS <i>BODYPUMP</i> 30'	Core & Mobility DEVELOPMENT 30'	Mindfulness & Relaxation DEVELOPMENT 30'		9:25 AM	DANZIKA 45'	
5:30 PM	LesMILLS <i>RPM</i> 45' LesMILLS <i>BODYATTACK</i> 45'	LesMILLS <i>RPM</i> 45' LesMILLS <i>BODYBALANCE</i> 45'	LesMILLS <i>RPM</i> 45' Fitness DEVELOPMENT 45'	LesMILLS <i>BODYPUMP</i> 45'	LesMILLS <i>BODYBALANCE</i> 45'	10:10 AM		LesMILLS <i>BODYBALANCE</i> 45'
6:00 PM				RIDE REVOLUTION 30'		10:15 AM	PILATES 45'	
6:20 PM	LesMILLS <i>BODYPUMP</i> 45'	Fitness DEVELOPMENT 45'	LesMILLS <i>BODYATTACK</i> 30'	SALSA DANCE 45'				
7:10 PM	YOGA 60'	Strength DEVELOPMENT 45'	DANZTEP 45'	FULL KOMBAT 45'				



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Timetables are subject to change.