



THE GAP FITNESS

GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	tabata 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	7.10AM Fitness DEVELOPMENT 45	
6:30AM					YIN YOGA 45	7:30AM	ZUMBA 45
8:45AM		Strength DEVELOPMENT 30				8:00AM	LES MILLS BODYATTACK 60
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	Strength DEVELOPMENT 45	8:00AM	LES MILLS BODYATTACK 30
9:20AM		LES MILLS BODYATTACK 30				8:20AM	LES MILLS BODYATTACK 45
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		8:45AM	LES MILLS BODYPUMP 45
10:00AM	LES MILLS BODYBALANCE 60	YOGA 45				9:15AM	LES MILLS BODYPUMP 45
10:25AM			PILATES 45			9:40AM	sculpt 30
12:00PM					LES MILLS BODYPUMP 45	10:10AM	LES MILLS BODYBALANCE 45
4:15PM				YOGA 60		10:15AM	LES MILLS BODYBALANCE 55
4:50PM		LES MILLS BODYPUMP 30				5:00PM	PILATES 45
5:30PM	LES MILLS BODYATTACK 30	LES MILLS BODYBALANCE 45		LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		
5:45PM			Fitness DEVELOPMENT 45				
6:15PM	LES MILLS BODYPUMP 45						
6:30PM				sculpt 40			
6:30PM		LES MILLS BODYATTACK 60		LES MILLS BODYATTACK 60			
7:10PM	YOGA FLOW 60						

CYCLE CUBE TIMETABLE

	MON	TUE	WED	THU	FRI	SAT
5:00AM	power RIDE 30	LES MILLS sprint 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	power RIDE 30	LES MILLS RPM 45	7.15AM FIRST GEAR 30
9:00AM	LES MILLS RPM 45					8:00AM Cycle DEVELOPMENT 45
4:50PM			LES MILLS sprint 40			
5:20PM		LES MILLS RPM 45				
5:30PM	LES MILLS RPM 45		Cycle DEVELOPMENT 45	FIRST GEAR 30		

Check 'The Gap Fitness' app for the most up-to-date timetable.



Download 'The Gap Fitness' app



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