

	MON	TUE	WED	THU	FRI
5:00AM	power RIDE 30	LES MILLS sprint 30		LES MILLS sprint 30	LES MILLS RPM 30
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	tabata 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45
5:45AM	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS RPM 45	power RIDE 30	LES MILLS RPM 45
6:30AM					YIN YOGA 45
8:45AM		STRENGTH & CORE 30	Fitness DEVELOPMENT 45		
9:00AM	LES MILLS RPM 45				
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	Strength DEVELOPMENT 45
9:20AM		LES MILLS BODYATTACK 30			
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45	
10:00AM	LES MILLS BODYBALANCE 60	YOGA 45			
10:25AM			PILATES 45		
12:00PM					LES MILLS BODYPUMP 45
4:15PM				YOGA 60	
4:50PM			LES MILLS sprint 30		
4:50PM		LES MILLS BODYPUMP 30			
5:20PM		LES MILLS RPM 45			
5:30PM	LES MILLS RPM 45		Cycle DEVELOPMENT 45	FIRST GEAR 30	
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		Fitness DEVELOPMENT 45			
6:30PM		cardio tennis 60		cardio tennis 60	
7:10PM	YOGA FLOW 60				

	SAT	SUN
6:30AM	LES MILLS sprint 30	
7.10AM	Fitness DEVELOPMENT 45	
7.15AM	FIRST GEAR 30	
8:00AM	cardio tennis 60	
8:00AM	Cycle DEVELOPMENT 45	
8:00AM	LES MILLS BODYATTACK 30	
8:20AM		LES MILLS BODYATTACK 45
8:45AM	LES MILLS BODYPUMP 45	
9:15AM		LES MILLS BODYPUMP 45
9:40AM	sculpt 30	
10:10AM		LES MILLS BODYBALANCE 45
10:15AM	LES MILLS BODYBALANCE 55	
5:00PM		PILATES 45



GROUP FITNESS TIMETABLE

Make sure to check 'The Gap Fitness' app for the most up-to-date timetable.



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