

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



GROUP FITNESS TIMETABLE

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



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