

|         | MON                      | TUE                      | WED                   | THU                      | FRI                      |         | SAT                      | SUN                      |
|---------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------------|---------|--------------------------|--------------------------|
| 5:00AM  | power RIDE 30            | LES MILLS sprint 30      | FIRST GEAR 30         | LES MILLS sprint 30      | LES MILLS RPM 30         | 6:30AM  | LES MILLS sprint 30      |                          |
| 5:45AM  | LES MILLS BODYSTEP 45    | LES MILLS BODYPUMP 45    | tabata 45             | Strength DEVELOPMENT 45  | Fitness DEVELOPMENT 45   | 7:10AM  | Fitness DEVELOPMENT 45   |                          |
| 5:45AM  | LES MILLS RPM 45         | LES MILLS sprint 30      | LES MILLS RPM 45      | power RIDE 30            | LES MILLS RPM 45         | 8:00AM  | cardio tennis 60         |                          |
| 6:30AM  |                          |                          |                       |                          | YIN YOGA 45              | 8:00AM  | Cycle DEVELOPMENT 45     |                          |
| 8:45AM  |                          | Strength DEVELOPMENT 30  | LES MILLS BODYSTEP 45 |                          |                          | 8:00AM  | LES MILLS BODYATTACK 30  |                          |
| 8:45AM  | LES MILLS RPM 45         |                          | FIRST GEAR 30         |                          |                          | 8:20AM  |                          | LES MILLS BODYATTACK 45  |
| 9:00AM  | Strength DEVELOPMENT 45  |                          |                       | LES MILLS BODYATTACK 30  | Strength DEVELOPMENT 45  | 8:45AM  | LES MILLS BODYPUMP 45    |                          |
| 9:20AM  |                          | LES MILLS BODYATTACK 30  | LES MILLS BODYPUMP 45 |                          |                          | 9:15AM  |                          | LES MILLS BODYPUMP 45    |
| 9:35AM  |                          |                          |                       | LES MILLS BODYBALANCE 45 |                          | 10:10AM |                          | LES MILLS BODYBALANCE 45 |
| 10:00AM | LES MILLS BODYBALANCE 60 | YOGA 45                  |                       |                          |                          | 10:15AM | LES MILLS BODYBALANCE 55 |                          |
| 10:15AM |                          |                          | PILATES 45            |                          |                          | 5:00PM  |                          | PILATES 45               |
| 12:00PM |                          |                          |                       |                          | LES MILLS BODYPUMP 45    |         |                          |                          |
| 4:50PM  |                          | LES MILLS BODYPUMP 30    |                       | Fitness DEVELOPMENT 45   | LES MILLS BODYATTACK 30  |         |                          |                          |
| 5:20PM  |                          | LES MILLS RPM 45         | LES MILLS sprint 30   |                          |                          |         |                          |                          |
| 5:30PM  | LES MILLS RPM 45         |                          |                       | FIRST GEAR 30            |                          |         |                          |                          |
| 5:30PM  |                          | LES MILLS BODYBALANCE 45 | LES MILLS BODYSTEP 45 | LES MILLS BODYPUMP 30    | LES MILLS BODYBALANCE 45 |         |                          |                          |
| 6:15PM  | LES MILLS BODYPUMP 45    |                          |                       |                          |                          |         |                          |                          |
| 6:30PM  |                          | cardio tennis 60         |                       | cardio tennis 60         |                          |         |                          |                          |
| 7:10PM  | YOGA FLOW 60             |                          | YOGA 50               |                          |                          |         |                          |                          |



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



Download 'The Gap Fitness' app



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