

GROUP FITNESS TIMETABLE AUTUMN EDITION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	TABATA 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	5.45AM	Fitness DEVELOPMENT 45	
6:30AM			LES MILLS BODYBALANCE 45		YIN YOGA 45	7.00AM	CARDIO TENNIS 60	
8:45AM		STRENGTH & CORE 30	SALSA DANCE 45			7.10AM	Fitness DEVELOPMENT 45	
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	LES MILLS BODYPUMP 45	8:00AM	LES MILLS BODYATTACK 30	
9:15AM		LES MILLS BODYATTACK 30				8:20AM		LES MILLS BODYATTACK 45
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		8:30AM	LES MILLS BODYPUMP 45	
9:50AM	LES MILLS BODYBALANCE 60	YOGA 45			FULL KOMBAT 45	9:15AM		LES MILLS BODYPUMP 45
10:25AM			PILATES 45			9:25AM	DANZIKA 45	
4:15PM				YOGA 30		10:10AM		LES MILLS BODYBALANCE 45
4:50PM		LES MILLS BODYPUMP 30		Mindfulness DEVELOPMENT 30		10:25AM	LES MILLS BODYBALANCE 45	
5:20PM	LES MILLS BODYATTACK 45					5:00PM		PILATES 45
5:30PM		LES MILLS BODYBALANCE 45	CARDIO & CORE 30	LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45			
6:00PM			STRENGTH & CORE 30					
6:20PM	LES MILLS BODYPUMP 45	Rhythm & Beats DEVELOPMENT 45		SALSA DANCE 45				
6:30PM		CARDIO TENNIS 60	FULL KOMBAT 45	CARDIO TENNIS 60				
7:10PM	YOGA 60	Strength DEVELOPMENT 45						



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CYCLE CUBE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:10AM	RIDE REVOLUTION 30	LES MILLS <i>sprint</i> 30	RIDE REVOLUTION 30	LES MILLS <i>sprint</i> 30	LES MILLS RPM 30
5:45AM	LES MILLS RPM 45	LES MILLS <i>sprint</i> 30	LES MILLS RPM 45	LES MILLS <i>sprint</i> 30	LES MILLS RPM 45
9:00AM	LES MILLS RPM 45				
4:50PM	LES MILLS RPM 30				
5:20PM		LES MILLS RPM 45			
5:30PM	LES MILLS RPM 45		LES MILLS RPM 45		

	SATURDAY	SUNDAY
6:30AM	LES MILLS <i>sprint</i> 30	
7:00AM		
8:00AM	LES MILLS RPM 45	
10:30AM	DANCE CYCLE 30	

GET IN TOUCH

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