

| | 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 DEVELOPMENT 30 | | | |
| 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 BODYPUMP 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 BODYPUMP 30 | LES MILLS BODYBALANCE 45 |
| 5:45PM | | | Fitness DEVELOPMENT 45 | | |
| 6:15PM | LES MILLS BODYPUMP 45 | | | sculpt 40 | |
| 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 | |
| 4:00PM | | ZUMBA 45 |
| 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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