

GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI		SAT	SUN
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	tabata 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	7.00AM	CANADOTENNIS 60	
6:30AM					YIN YOGA 45	7.10AM	Fitness DEVELOPMENT 45	
8:45AM		STRENGTH CORE 30				8.00AM	LES MILLS BODYATTACK 30	
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 45	Strength DEVELOPMENT 45	8:20AM		LES MILLS BODYATTACK 45
9:15AM		LES MILLS BODYATTACK 30				8:35AM	LES MILLS BODYPUMP 45	
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		9:15AM		LES MILLS BODYPUMP 45
9:50AM	LES MILLS BODYBALANCE 55	YOGA 45			ZUMBA 45	10:10AM		LES MILLS BODYBALANCE 45
10:25AM			PILATES 45			10:30AM	LES MILLS BODYBALANCE 55	
12:00PM			STRETCH & MOBILITY 45	ZUMBA 45	LES MILLS BODYPUMP 45	5:00PM		PILATES 45
4:15PM				YOGA 30				
4:50PM		LES MILLS BODYPUMP 30		Mindfulness DEVELOPMENT 30				
5:30PM	Fitness DEVELOPMENT 45	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							
6:30PM		CANADOTENNIS 60		CANADOTENNIS 60				
6:35PM			LES MILLS BODYBALANCE 45					
7:10PM	YOGA 60							

CYCLE CUBE TIMETABLE

	MON	TUE	WED	THU	FRI		SAT
5:00AM	RIDE REVOLUTION 30	LES MILLS sprint 30	RIDE REVOLUTION 30	LES MILLS sprint 30	LES MILLS RPM 30	6:30AM	LES MILLS sprint 30
5:45AM	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS RPM 45		LES MILLS RPM 45	8:00AM	LES MILLS RPM 45
9:00AM	LES MILLS RPM 45						
4:50PM			LES MILLS sprint 30				
5:20PM		LES MILLS RPM 45					
5:30PM	LES MILLS RPM 45		LES MILLS RPM 45				

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



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