

# GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00AM		CARDIOstrength 30		CARDIOstrength 30		5.45AM Fitness DEVELOPMENT 45	
5:45AM	Fitness DEVELOPMENT 45	LES MILLS BODYPUMP 45	TABATA 45	Strength DEVELOPMENT 45	Fitness DEVELOPMENT 45	7.10AM Fitness DEVELOPMENT 45	
6:30AM			LES MILLS BODYBALANCE 45		YIN YOGA 45	8:00AM LES MILLS BODYATTACK 30	
8:45AM		STRENGTH & CORE 30				8:20AM LES MILLS BODYATTACK 45	
8:50AM			FULL KOMBAT 40			8:35AM LES MILLS BODYPUMP 45	
9:00AM	Strength DEVELOPMENT 45			LES MILLS BODYATTACK 30	LES MILLS BODYPUMP 45	9:15AM LES MILLS BODYPUMP 45	
9:15AM		LES MILLS BODYATTACK 30				9:30AM DANZIKA 55	
9:35AM			LES MILLS BODYPUMP 45	LES MILLS BODYBALANCE 45		10:10AM LES MILLS BODYBALANCE 45	
9:50AM	LES MILLS BODYBALANCE 55	YOGA 45				10:30AM LES MILLS BODYBALANCE 55	
10:25AM			PILATES 45			5:00PM LES MILLS BODYATTACK 30	PILATES 45
11:45AM	DANZIKA 45		STRETCHING 30		LES MILLS BODYATTACK 30		
12:15PM			YIN YOGA 30		LES MILLS BODYPUMP 30		
4:15PM				YOGA 30			
4:50PM		LES MILLS BODYPUMP 30		Mindfulness DEVELOPMENT 30			
5:30PM	LES MILLS BODYATTACK 40	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			FULL KOMBAT 40			
6:30PM		dance 45					
6:35PM			LES MILLS BODYBALANCE 45				
7:10PM	YOGA 60						



# CYCLE CUBE TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
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 RPM 30		LES MILLS sprint 30				
5:20PM		LES MILLS RPM 45					
5:30PM	LES MILLS RPM 45		LES MILLS RPM 45				

# CARDIO TENNIS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30PM		cardio tennis 60 Gap SS		cardio tennis 60 Gap SS		7:00AM cardio tennis 60 GHRC Courts	