

	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	7:00AM	cardio tennis 60	
5:45AM	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS RPM 45	power RIDE 30	LES MILLS RPM 45	7:10AM	Fitness DEVELOPMENT 45	
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	PILATES 45	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.



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