




GROUP FITNESS TIMETABLE

GROUP FITNESS							
April							
Effective 26 th							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:05am	LES MILLS BODYPUMP	LES MILLS GRIT	LES MILLS GRIT	LES MILLS BODYATTACK 30	LES MILLS BODYPUMP 30		
6:05am		Boxing			Cycle		
6:35am			SPRINT	tone 30	LES MILLS BODYBALANCE 30		
7:30am						tone	
8:15am	Active Adults	tone	Active Adults		Active Adults	LES MILLS BODYCOMBAT 8:00am	
8:45am						LES MILLS BODYPUMP	
9:15am	HIIT / Circuit	LES MILLS BODYPUMP	tone	LES MILLS GRIT	LES MILLS BODYSTEP		
9:15am				Active Adults			
10:15am		Active Adults	Gentle Moves	Pilates	LES MILLS BODYBALANCE		
10:15am		Parent & Bub					
11:15am	Gentle Moves	Pilates			Parent & Bub		
2:00pm					Gentle Moves		
5:20pm	LES MILLS BODYATTACK 30	LES MILLS GRIT	LES MILLS BODYSTEP 30	LES MILLS BODYCOMBAT 30	HIIT / Circuit		
5:20pm							
6:00pm	LES MILLS BODYPUMP 30	Cycle		LES MILLS BODYPUMP 30			
6:00pm		LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE				
6:40pm	tone 30						
6:40pm				tone 30			
6:40pm				SPRINT			
7:00pm		LES MILLS BODYBALANCE	Boxing				
7:00pm							
7:15pm				LES MILLS BODYBALANCE 30			
SMALL GROUP TRAINING							
6:15am		Team Beats	Team Beats		Team Beats		
9:15am				Team Beats	Team Beats		Team Beats
6:00pm	Team Beats		Team Beats				
AQUA AEROBICS							
8:15am				Aqua			
9:15am	Deep water	Aqua	Aqua				
10:15am		Aqua	Deep Water	Aqua	Aqua		
11:15am					Aqua		
6:00pm	Aqua Zumba	Deep Water	Aqua				
7:00pm		Aqua		Aqua			