

Group Exercise Timetable

Commencing 30th January 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	LES MILLS GRIT STRENGTH PLYO 6.15 - 6.45 (30)	LES MILLS BODYPUMP 6.15 - 6.45 (30)	acqua pole 6.15 - 7.15	LES MILLS GRIT CARDIO 6.00 - 6.30 (30)	LES MILLS BODYPUMP 6.15 - 7.00	
		LES MILLS CXWORKX 6.45 - 7.15 (30)	LES MILLS GRIT STRENGTH PLYO 6.15 - 6.45 (30)	LES MILLS BODYBALANCE 6.30 - 7.30		
Morning		KNOCKOUT 9.00 - 10.00	LES MILLS BODYPUMP 10.00 - 11.00	COMBO 9.00 - 10.00	LES MILLS GRIT CARDIO 9.15 - 10.00	LES MILLS BODYPUMP 9.00 - 10.00
					LES MILLS BODYBALANCE 10.00 - 11.00	
Lunch				LES MILLS GRIT STRENGTH PLYO 12.30 - 1.00 (30)		
PM	AQUA 2.00 - 3.00		AQUA 2.00 - 3.00			
Evening	LES MILLS BODYPUMP 5.30 - 6.00 (30)	LES MILLS GRIT CARDIO 6.30 - 6.00 (30)	LES MILLS GRIT STRENGTH PLYO 5.30 - 6.00 (30)	LES MILLS BODYPUMP 5.45 - 6.30		
	acqua pole 6.15 - 6.45 (30)	LES MILLS BODYBALANCE 6.00 - 6.30 (30)	LES MILLS CXWORKX 6.00 - 6.30 (30)	AQUA 6.15 - 7.00		
	LES MILLS BODYBALANCE 6.30 - 7.30					



OPENING HOURS (staffed)
Monday to Thursday - 6.00am to 9.00pm
Friday - 6.00am to 8.00pm
Saturday - 8.00am to 4.00pm
Sunday - 10.00am to 4.00pm
Public Holidays - 10.00am to 4.00pm