



# YOUR GROUP FITNESS TIMETABLE

**Studio 1 (Upstairs)**

**Studio 2 (Downstairs)**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am		LES MILLS BODYPUMP	H.I.T		BOX		
6.30am							
7am						SUPER CROSS	
7.30am							
8am						BOX	
8.30am							
9am	9.10am ABS XPRESS	9.10am ABS XPRESS	9.10am ABS XPRESS	9.10am ABS XPRESS	9.10am ABS XPRESS		9.10am H.I.T-30
9.30am	LES MILLS BODYATTACK	BOX	LES MILLS BODYPUMP	M MAX FIT	LES MILLS BODYPUMP	YOGA	
10am							
10.30am	LES MILLS BODYPUMP	PILATES	PILATES	PILATES		LES MILLS BODYPUMP	
11am							
5pm					45min LES MILLS BODYPUMP		
5.30pm	BOX	SUPER CROSS	LES MILLS BODYPUMP	H.I.T	45min LES MILLS BODYATTACK		
6pm							
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYPUMP	H.I.T	LES MILLS BODYPUMP			
7pm							
7.30pm	H.I.T	BOX	LES MILLS BODYPUMP	BOX			
8pm							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am	BLITZ						
6.30am		TABATA		TABATA			
7am							
7.30am							
8am						PILATES	
8.30am	REVIVE		REVIVE				
9am							
9.30am	REVIVE	BLITZ	REVIVE	LES MILLS BODYATTACK	YOGA	STRONG ZUMBA	9.35am YOGA
10am							
10.30am			BLITZ		REVIVE		
11am							
5pm							
5.30pm	CORE	BLITZ	CORE	PILATES			
6pm			TABATA				
6.30pm	BLITZ	YOGA	PILATES	TABATA			
7pm							
7.30pm	YIN YOGA	PILATES	BLITZ	YOGA			
8pm							

**Studio 3 (Spin)**

**Athletic Rig**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am							
6.30am	SPIN EXPRESS		SPIN		SPIN EXPRESS		
7am							
7.30am							
8am							
8.30am							SPIN EXPRESS
9am							
9.30am	SPIN		SPIN		SPIN	SPIN	
10am		SPIN EXPRESS					
6pm	SPIN EXPRESS		SPIN EXPRESS				
6.30pm	SPIN	SPIN	SPIN EXPRESS	SPIN			
7pm							
7.30pm	SPIN EXPRESS						
8pm							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9am	W.O.D-25				W.O.D-25		
5pm		W.O.D-25	W.O.D-25				

(W.O.D-25: Restriction of 10 members per class)

Please ensure you arrive on time to participate in the class warm up. Instructors reserve the right to refuse entry if the warm up is missed for the safety of participants.