

Group Fitness Autumn Timetable

March - May 2019

Cycle - Studio 2

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	LES MILLS sprint Karen Capper	LES MILLS RPM Libby	TOPRIDE Karen Capper	LES MILLS RPM Emma	LES MILLS sprint Karen Capper		
7:30 AM						CYCLE PERFORMANCE Karen Capper	
8:30 AM							LES MILLS RPM Emma
9:30 AM	LES MILLS RPM George	TOPRIDE Amy	LES MILLS sprint Libby	LES MILLS RPM Geoff	LES MILLS sprint Samantha		
12:15 PM			LES MILLS RPM <small>EXPRESS</small> Libby				
4:45 PM	TOPRIDE Amy		LES MILLS RPM Samantha	LES MILLS RPM Adam			
6:00 PM		LES MILLS sprint Karen Capper					