

Group Fitness Autumn Timetable

March 2020 - May 2020 (Updated)

Cycle - Studio 2

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	LES MILLS <i>Sprint</i>		TOPRIDE		LES MILLS <i>Sprint</i>		
7:30 AM						CYCLE PERFORMANCE	
8:30 AM							LES MILLS <i>RPM</i>
9:30 AM	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>Sprint</i>	LES MILLS <i>RPM</i>	LES MILLS <i>Sprint</i>		
4:45 PM			LES MILLS <i>RPM</i>				
5:45 PM		LES MILLS <i>Sprint</i>					