

Group Fitness Autumn Timetable

March 2020 - May 2020 (Updated)

Group Fitness - Studio 1

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT			
5:45 AM			GRIT CARDIO				
6:45 AM						GRIT STRENGTH	
7:30 AM						BOXFIT	
7:35 AM	HEALTHY + ACTIVE		HEALTHY + ACTIVE				
8:30 AM	LES MILLS BODYSTEP	LES MILLS BODYPUMP			LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP
9:30 AM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
10:30 AM	LES MILLS BODYATTACK				LES MILLS BODYPUMP	LES MILLS SH'BAM	
3:30 PM							LES MILLS BODYPUMP
4:45 PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				
5:45 PM	LES MILLS BODYATTACK	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		
6:45 PM	BOXFIT						