



# Group Fitness Summer Timetable

December 2018 - February 2019

Cycle - Studio 2

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