








# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am	<b>LES MILLS GRIT</b>	<b>FUNCTIONAL FITNESS</b>		<b>BOOTCAMP</b>	CARDIO BOXING 	
6.15am			YOGA 			
8.00am						<b>BURN</b> 
8.30am	<b>LES MILLS BODYPUMP</b>	<b>Circuit</b> 8.45AM	<b>LES MILLS BODYPUMP</b> 8.45AM		<b>Circuit</b> 	
9.00am				<b>TABATA</b>		
9.30am			<b>LES MILLS Shapes</b> 9.45AM		YOGA 	
10.30am			<b>FIT N FAB</b>		<b>FIT N FAB</b>	<b>TEEN FITT</b>
10.45am	Chair  Yoga	Chair  Yoga		<b>YIN YOGA</b>		
3.30pm		<b>TEEN FITT</b>				
5.30pm	<b>RESISTANCE TRAINING</b>	<b>HIIT</b>		<b>LES MILLS BODYPUMP</b>		
7.00pm		<b>RESISTANCE TRAINING</b>		<b>RESISTANCE TRAINING</b>		

# AQUA TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am				<b>AQUA</b>		
9.30am	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>		
10.30am			<i>Gentle</i> <b>AQUA</b>			
10.45am					<i>Gentle</i> <b>AQUA</b>	
6.30pm	<b>AQUA</b>		<b>AQUA</b>			