

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am	Circuit	FUNCTIONAL —FITNESS—	BURN 	BOOTCAMP	Circuit	
6.15am			YOGA 			
6.30am	AQUA	AQUA		AQUA		
8.00am						BURN 
8.30am	LES MILLS BODYPUMP				 Circuit	
8.45am		Circuit	LES MILLS BODYPUMP	FUNCTIONAL —FITNESS—		
9.30am	LES MILLS Shapes	FIT N FAB		Stretch 	YOGA 	
9.30am	AQUA	AQUA	AQUA	AQUA	AQUA	
10.30am				Chair  Yoga	FIT N FAB	
10.30am			<i>Gentle</i> AQUA			
10.45am					<i>Gentle</i> AQUA	
5.30pm	RESISTANCE TRAINING	HIIT				