





GROUP FITNESS TIMETABLE

Any classes that continue to get less than 5 participants will be red flagged and could possibly be taken off the timetable.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6.00am		TABATA 	LES MILLS BODYPUMP	THUMP BOXING	LES MILLS BODYPUMP
9.15am	LES MILLS BODYPUMP	meta PWR		metafit. BODYWEIGHT TRAINING	LES MILLS BODYPUMP
9.25am			metafit. BODYWEIGHT TRAINING		
9.45am				ALLFIT	
11.00am			CHIR YOGA		
4.00pm	LES MILLS BODYBALANCE		LES MILLS BODYBALANCE		
5.30pm	LES MILLS BODYPUMP	SPIN 	metafit. BODYWEIGHT TRAINING	SPIN 