

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.30 AM	LES MILLS BODYSTEP	LES MILLS CXWORX	LES MILLS BODYSTEP	LES MILLS BODYPUMP	FAT BURNER	LES MILLS BODYSTEP	LES MILLS RPM
10.00 AM		LES MILLS BODYATTACK					
10.15 AM	LES MILLS BODYPUMP						
10.30 AM			ZUMBA Tone Body	LES MILLS BODYBALANCE	LES MILLS RPM	YOGA FUSION	
11.30 AM	SILVER SNEAKERS	STRENGTH for life 60"	SILVER SNEAKERS	STRENGTH for life 60"	SILVER SNEAKERS		
5.30 PM	LES MILLS CXWORX				LES MILLS BODYATTACK		
6.00 PM	LES MILLS RPM	FAT BURNER	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
7.00 PM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	STRONG by ZUMBA	YOGA FUSION			

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00 AM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
8.45 AM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
9.15 AM		DEEP AQUA		DEEP AQUA			
9.30 AM						AQUA AEROBICS	
1.15 PM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
6.30 PM	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS			
7.15 PM		AQUA AEROBICS	DEEP AQUA				

DAY	DATE	OPENING HOURS	CLASS
LABOUR DAY	MONDAY 7 TH OCTOBER	7AM - 6PM	NO CLASSES

UP TO
3 MINUTES AFTER
CLASS STARTS = LAST CHANCE
TO GET A TICKET

UP TO
5 MINUTES AFTER
CLASS STARTS = LAST CHANCE
TO GET IN

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED