

Group Fitness Timetable

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		LES MILLS BODY PUMP	Bootcamp	SPIN			
8:00am				SILVER SNEAKERS	YOGA	SPIN	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				LES MILLS BODY BALANCE
9:00am				PILATES		LES MILLS BODY PUMP	
9:15am	YOGA	YOGA					
9:30am	Power Bar	Sculpt FT30	SPIN YOGA	FT30	LES MILLS BODY PUMP		
9:45am							HIIT
10:00am				Abs & Stretch		LES MILLS BODY BALANCE	
10:30am	BOXING	PILATES	Dance Fit		Foam Roller/Stretch		
11:00am	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life		
11:30am	Dance Fit				Dance Fit		
5:00pm	HIIT	BOXING	LES MILLS BODY PUMP	FT30 LES MILLS RPM			
5:30pm		YOGA (90 MINS)	FT30				
6:00pm			SPIN	BOXING			
6:15pm							
7:00pm	YOGA						