







GROUP X STUDIO

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am (45m) 	8.15am (45m) 	8.15am (45m) FIT IN 45!	8.15am (45m) 	8.15am (45m) "RELEASE & RELAX" Senior Stretch		
9.15am (55m) LES MILLS BODYPUMP	9.15am (55m) TOTAL BODY	9.15am (55m) LES MILLS BODYCOMBAT	9.15am (55m) LES MILLS BODYPUMP	9.15am (55m) STEP CARDIO	9.15am (30m) LES MILLS BODYPUMP	
	10.30am(55m) YOGA for BACK CARE	10.30am (55m) LES MILLS BODYBALANCE	10.30am (55m) YOGA STRETCH	10.30am(30m) LES MILLS CORE	10.00am(55m) LES MILLS BODYBALANCE	
5.30pm (55m) LES MILLS BODYPUMP	5.45pm (55m) LES MILLS BODYCOMBAT	5.45pm (30m) LES MILLS CORE	5.30pm (45m) LES MILLS BODYPUMP			3.30pm (55m) FEB 26 
6.45PM (55m) 		6.30pm (55m)** MIXXEDFIT → 	6.30pm (55m) LES MILLS BODYBALANCE			3.30PM (55m) FEB 19 MIXXEDFIT.

**MIXXED FIT FEB 8 / ZUMBA FEB 1,15 & 22

CYCLE STUDIO - 15 bikes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5.30am (30m) LES MILLS sprint				
	9.45am (45m) LES MILLS RPM	9.45am (30m) LES MILLS sprint		9.45am (45m) LES MILLS RPM		
5.45pm (30m) LES MILLS sprint		6.30pm (30m) LES MILLS RPM				