







# GROUP X STUDIO

# JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am (45m) 	8.15am (45m) 	8.15am (45m) <b>FIT IN 45!</b>	8.15am (45m) 	8.15am (45m) <b>"RELEASE &amp; RELAX"</b> Senior Stretch		
9.15am (55m) <b>LES MILLS BODYPUMP</b>	9.15am (55m) <b>TOTAL BODY</b>	9.15am (55m) <b>LES MILLS BODYCOMBAT</b>	9.15am (55m) <b>LES MILLS BODYPUMP</b>	9.15am (55m) <b>STEP CARDIO</b>	9.15am (30m) <b>LES MILLS BODYPUMP</b>	
	10.30am(55m) <b>POWER WITHIN YOGA</b>	10.30am (55m) <b>LES MILLS BODYBALANCE</b>	10.30am (55m) <b>YOGA STRETCH</b>	10.30am(30m) <b>LES MILLS CORE</b>	10.00am(55m) <b>LES MILLS BODYBALANCE</b>	
5.30pm (55m) <b>LES MILLS BODYPUMP</b>	5.45pm (55m) <b>LES MILLS BODYCOMBAT</b>	5.45pm (30m) <b>LES MILLS CORE</b>	5.30pm (45m) <b>LES MILLS BODYPUMP</b>			3.30pm (55m) JAN 8 
6.45PM (55m) 		6.30pm (55m)** <b>MIXXEDFIT</b> → 	6.30pm (55m) <b>LES MILLS BODYBALANCE</b>			3.30PM (55m) JAN 22 <b>MIXXEDFIT.</b>

\*\*MIXXED FIT JAN 4 & 18 / ZUMBA JAN 11

## CYCLE STUDIO - 15 bikes

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