







# GROUP X STUDIO

# MAY 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 BODYPUMP</b>	9.15am (55m) <b>STEP CARDIO</b>	9.15am (30m) <b>LES MILLS BODYPUMP</b>	
	10.30am(55m) <b>YOGA for BACK CARE</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>	3.30pm (55m)  <b>MAY 14</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) <b>MIXEDFIT</b> <b>MAY 7</b> <b>MAY 21</b>
6.45pm (55m) 	6.30pm (55m) <b>MIXEDFIT</b> ONLY ON 5/30	6.30pm (55m) 	6.30pm (55m) <b>LES MILLS BODYBALANCE</b>			

**\*\*No classes Memorial Weekend - May 27-29**

## CYCLE STUDIO - 15 bikes

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