



GROUP FITNESS TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00am		LES MILLS 30 BODYPUMP					
5:30am	Strength Development <small>LES MILLS</small> 45	LES MILLS 30 sprint		WORLD HIIT 30	LES MILLS 30 sprint		
6:00am			Strength Development <small>LES MILLS</small> 45	WGX 30 CORE		LES MILLS 30 sprint	
6:35am						Strength Development <small>LES MILLS</small> 45	
7:30am						WORLD HIIT 30	
8:05am						BOXING 45	
8:40am					LES MILLS 30 sprint		PILATES 30
9:15am	WGX BOOTCAMP FITNESS 30	WORLD HIIT 30	LES MILLS 3 BODYPUMP	WGX 30 BOOTY BANDS	PILATES 30		WGX 60 YOGA YIN
9:50am	WGX 30 CORE	BOXING 45	LES MILLS 30 BODYCOMBAT	PILATES 30	WGX ROLL+RELEASE STRETCH 30		
5:15pm				BOXING 45			
5:30pm	LES MILLS 30 sprint	ABT 30	LES MILLS 30 sprint				
6:05pm	LES MILLS 30 BODYPUMP	PILATES 45	Strength Development <small>LES MILLS</small> 45	WGX 60 YOGA YIN			

THIS TIMETABLE STARTS 01/07/23

CLASS LOCATION

MAIN STUDIO

WGX CORE
LES MILLS BODYCOMBAT
 Strength Development LES MILLS
WGX YOGA
LES MILLS BODYPUMP
PILATES
WGX BOOTY BANDS
WGX ROLL+RELEASE STRETCH
ABT
WGX BOOTCAMP FITNESS

FUNCTIONAL AREA

WORLD HIIT
BOXING

CYCLE STUDIO

LES MILLS sprint