

WORLD GYM[®]

MT. GRAVATT

GROUP FITNESS TIMETABLE – 30 JAN 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	WORLD GYM TRAINING	WORLD GYM YOGA		WORLD GYM BOXING 45'		8:00am	
9:00am					LES MILLS SH'BAM	LES MILLS BODYPUMP	
9:15am	LES MILLS BODYPUMP	WORLD GYM F30	LES MILLS BODYPUMP	WORLD GYM HIP HOP		9:00am	8:45am
9:50am		WORLD GYM BOXING 45'			LES MILLS BODYJAM 30'	WORLD GYM MUAY THAI	LES MILLS BODYCOMBAT
10:20am			WORLD GYM YOGA	WORLD GYM YOGA	WORLD GYM PILATES	10:00am	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WORLD GYM YOGA	SUNDAY
5:00pm		WORLD GYM TRAINING				SATURDAY	4:00pm
5:30pm	LES MILLS BODYCOMBAT	WORLD GYM ABS	LES MILLS BODYCOMBAT	LES MILLS SH'BAM 30'			WORLD GYM YOGA
6:00pm		LES MILLS BODYPUMP		LES MILLS BODYJAM 30'	WORLD GYM HIP HOP		
6:30pm	LES MILLS SH'BAM 30'			WORLD GYM PILATES			
7:00pm	LES MILLS BODYJAM 30'	WORLD GYM YOGA					

CYCLE ROOM – 30 JAN 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am			LES MILLS RPM		LES MILLS RPM	7:00am	
9:15am					LES MILLS RPM	LES MILLS RPM	
10:20am	LES MILLS RPM						
6:30pm			LES MILLS RPM				

REFORMER PILATES ROOM – 6th FEB 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am			WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES		7:00AM	
6:30am		WORLD GYM REFORMER PILATES			WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES	
9:15am		WORLD GYM REFORMER PILATES		WORLD GYM REFORMER PILATES	8:00AM	8:00AM	
10:20am	WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES		WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES	
5:30pm			WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES		9:00AM	
6:30pm	WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES				WORLD GYM REFORMER PILATES	