

WORLD GYM[®]

MT. GRAVATT

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	WORLD GYM TRAINING 45'	WORLD GYM YOGA		WORLD GYM BOXING 45'		6:00am	
9:00am					LES MILLS SH'BAM	WORLD GYM TRAINING 45'	
9:15am	LES MILLS BODYPUMP	WORLD GYM F30	LES MILLS BODYPUMP	WORLD GYM F30		9:00am	
9:50am		XTREME HIP-HOP 45'		LES MILLS SH'BAM	LES MILLS BODYJAM 30'	XTREME HIP-HOP 45'	
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	XTREME HIP-HOP 45'			WORLD GYM YOGA
6:00pm		LES MILLS BODYPUMP		30'	WORLD GYM HIP HOP		
6:30pm	LES MILLS SH'BAM 30'		WORLD GYM HIP HOP				
7:00pm	LES MILLS BODYJAM 30'	WORLD GYM YOGA		30'			

CYCLE ROOM

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	

REFORMER PILATES ROOM – 21st NOV 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	
9:15am		WORLD GYM REFORMER PILATES		WORLD GYM REFORMER PILATES		8:00AM	
10:20am	WORLD GYM REFORMER PILATES		WORLD GYM REFORMER PILATES			WORLD GYM REFORMER PILATES	
5:30pm			WORLD GYM REFORMER PILATES	WORLD GYM REFORMER PILATES			
6:30pm			WORLD GYM REFORMER PILATES				