

**GROUP FITNESS STUDIO**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		WORLD GYM LUCKY DIP 30		HIIT BOXING			
7.45am						HIITFAM	
9.30am	LES MILLS BODYPUMP		WORLD GYM BARRE	LES MILLS BODYPUMP	LES MILLS CORE 30		
10.15am		LES MILLS CORE 30	WORLD GYM STRETCH				

**CYCLE STUDIO**

4.45pm		meta PWR					
5.00pm	WORLD GYM BARRE		BOOTY 30	WORLD GYM TOTAL BODY			
5.15pm		HIIT BOXING					
5.45pm	LES MILLS BODYPUMP			WORLD GYM PILATES			
6.00pm		ZUMBA fitness	WORLD GYM YOGA		THE METCON		

**FUNCTIONAL**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	LES MILLS RPM 30				LES MILLS sprint		
7.00am						LES MILLS RPM 30	
9:30am		LES MILLS RPM		LES MILLS RPM			
10.05am					LES MILLS sprint		
5:30pm	LES MILLS sprint		LES MILLS sprint				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am	THE METCON		WORLD GYM HIIT Functional				
6.00pm	THE METCON		THE METCON				

Members please remember the following-

Bring a water bottle & towel

When using the booking system, UN-BOOK if you cannot make a class

Wipe down your bike after cycle

World Gym instructors are all qualified fitness professionals that deliver sessions to suit any fitness level.



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WORLD GYM APP**

