

Our Group Exercise

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	LES MILLS BODYPUMP	OUR CYCLE	PILATES	LES MILLS BODYPUMP	LES MILLS RPM		
						7:00 PILATES	
						7:45 	
8:30	HAPPY OUR	HAPPY OUR		HAPPY OUR	HAPPY OUR	8:30 LES MILLS RPM	LES MILLS RPM
8:30	LES MILLS RPM			LES MILLS RPM		8:30 LES MILLS BODYCOMBAT	
9:30	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	OUR45 (Circuit)	LES MILLS BODYPUMP	9:30 LES MILLS BODYPUMP	LES MILLS BODYPUMP
9:30		OUR CYCLE		LES MILLS RPM	LES MILLS RPM		
10:30	PILATES	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	PILATES	LES MILLS BODYBALANCE		
11:45	SEATED STRENGTH	SEATED STRENGTH	SEATED STRENGTH				
5:30	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				
5:30		LES MILLS RPM		LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		
6:30	OUR45 (Circuit)	LES MILLS BODYBALANCE	PILATES				