



# Our Group Exercise TIMETABLE

Starting 8th July 2023

## Group Exercise Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>				
						8.00	 ZUMBA	
8:30	HAPPY OUR (Aerobics)	HAPPY OUR (Strength)	 ZUMBA	HAPPY OUR (Strength)	HAPPY OUR (Aerobics)	8.45	LES MILLS <b>BODYCOMBAT</b>	
9:30	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>	9:30	LES MILLS <b>BODYPUMP</b>	
10:30	Pilates	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYPUMP</b>	Pilates	LES MILLS <b>BODYBALANCE</b>			
11:45	Seated Strength	Seated Strength		Seated Strength				
5:15	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>					
5:30				LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYCOMBAT</b>			
6:15	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYBALANCE</b>	Pilates					

## Cycle Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00		Cycle			LES MILLS <b>RPM</b>			
8:30	LES MILLS <b>RPM</b>					8:30	LES MILLS <b>RPM</b>	LES MILLS <b>RPM</b>
9:30		Cycle	LES MILLS <b>RPM</b>	LES MILLS <b>RPM</b>	LES MILLS <b>RPM</b>	9:30		
4:30					LES MILLS <b>RPM</b>			
5:30		LES MILLS <b>RPM</b>						



OUR GYM  
Nelson Bay