Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LesMills BODYPUMP	CYCLE	MAT PILATES	LesMills BODYPUMP	LesMills RPM		
7.00AM						MAT PILATES	
7.45AM						ZUMBA	
8.30AM	HAPPY OUR	HAPPY OUR	ZUMBA	HAPPY OUR	LesMills BODYATTACK	LesMills BODYCOMBAT	
8.30AM	LesMills RPM		LesMills RPM			LesMills RPM	LesMills RPM
9.30AM	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYATTACK	OUR45 HYBRID CIRCUIT	LesMills BODYPUMP	LesMills BODYPUMP	LesMills BODYPUMP
9.30AM		CYCLE		LesMills RPM	LesMills RPM		
10.30AM	MAT PILATES	YOGA	LesMills BODYPUMP	MAT PILATES	LesMills BODYBALANCE		
11.45AM	SEATED STRENGTH	SEATED STRENGTH	SEATED STRENGTH				
12.30PM							
5.30PM	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYPUMP	MAT PILATES			
5.30PM		LesMills RPM					
6.30PM	LesMills Sprint	LesMills BODYBALANCE	MAT PILATES				

OG Nelson Bay