





GROUP EXERCISE TIMETABLE

ALL THIS. ONE MEMBERSHIP.

FOR JUST \$21.50/WEEK

TIME	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						 ZUMBA	
8:30	HAPPY OUR	HAPPY OUR	 ZUMBA	HAPPY OUR	HAPPY OUR	LES MILLS RPM	LES MILLS RPM
8:30	LES MILLS RPM			LES MILLS RPM		LES MILLS BODYCOMBAT	
9:30	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	OUR45 (Hybrid Circuit)	LES MILLS BODYPUMP	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		
11:30	SEATED STRENGTH	SEATED STRENGTH	SEATED STRENGTH				
5:30	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		
5:30		LES MILLS RPM					
6:30	OUR45 (Hybrid Circuit)	LES MILLS BODYBALANCE	PILATES				

This is Our Gym
STRONGER FITTER HEALTHIER *together*