



OUR GYM
Nelson Bay

Our Group Exercise TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	LES MILLS BODYPUMP	Our Cycle	Cardio Box	LES MILLS BODYPUMP	LES MILLS RPM		
8:30	HAPPY OUR (Aerobics) LES MILLS RPM	HAPPY OUR (Strength)	ZUMBA	HAPPY OUR (Strength)	HAPPY OUR (Aerobics)	7:45 ZUMBA	LES MILLS RPM
8:30						8:30 LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
9:30	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYSTEP	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			
5:15	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				
5:30		LES MILLS RPM		Cardio Box	LES MILLS BODYATTACK		
6:15	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	Pilates				