



GROUP FITNESS - TIMETABLE

As at 4th of November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	LES MILLS PILATES		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
07:30am						LES MILLS PILATES	
08:30am		LES MILLS Shapes				LES MILLS BODYCOMBAT	LES MILLS BODYSTEP (30 MIN)
09:00am				LES MILLS BODYCOMBAT			LES MILLS Shapes
09:30am	LES MILLS tone	ZUMBA GOLD	Yogalates	LES MILLS Shapes	LES MILLS tone	<i>Konga</i>	
10:30am	LES MILLS BODYPUMP		Strength Development <small>LES MILLS</small>	yoga	LES MILLS BODYBALANCE		
17:30pm	LES MILLS Shapes			LES MILLS BODYPUMP			
18:00pm		yoga					

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.