



GROUP FITNESS - TIMETABLE

As at 25th of March 2025

| | 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 Xpress |
| 09:00am | | | | LES MILLS BODYCOMBAT Xpress | | | LES MILLS Shapes |
| 09:30am | tone | Yogalates | Yogalates | LES MILLS Shapes | tone | <i>Konga</i> | |
| 10:30am | LES MILLS BODYPUMP | | | | LES MILLS BODYBALANCE | | |
| 17:30pm | CORE Xpress | | Strength Development <small>LES MILLS</small> | LES MILLS BODYPUMP | | | |
| 18:00pm | LES MILLS BODYCOMBAT | | | | | | |
| 18:30pm | | 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.