

GROUP EXERCISE TIMETABLE - EASTER HOLIDAYS

	FRI 18TH	SAT 19TH	SUN 20TH	MON 21ST	TUES 22ND	WED 23RD	THURS 24TH	FRI 25TH	
6:00am					LES MILLS <i>sprint</i>	LES MILLS BODYPUMP LES MILLS RPM	LES MILLS <i>sprint</i>		
7:00am		LES MILLS RPM							
7:30am		LES MILLS PILATES							
8:30am	GOOD FRIDAY	LES MILLS BODYCOMBAT	EASTER SUNDAY		LES MILLS Shapes				
9:00am				LES MILLS RPM		LES MILLS BODYCOMBAT			
9:30am		EASTER SPECIAL Hip Hop <i>Konga</i> BY THE JUNGLE BODY Bring a friend for free			LES MILLS tone	<i>Yogaletes</i> LES MILLS <i>sprint</i>	<i>Yogaletes</i>	LES MILLS Shapes	LES MILLS tone LES MILLS RPM
10:30am					LES MILLS BODYPUMP				LES MILLS BODYBALANCE
EVENING CLASSES									
5:30pm						LES MILLS RPM Strength Development	LES MILLS BODYPUMP		
6:30PM					YOGA				

FUNCTIONAL TIMETABLE - EASTER TIMETABLE

	FRI 18TH	SAT 19TH	SUN 20TH	MON 21ST	TUES 22ND	WED 23RD	THURS 24TH	FRI 25TH	
5:15am	GOOD FRIDAY		EASTER SUNDAY		STRENGTH	AEROBIC	STRENGTH		
6:10am					STRENGTH	AEROBIC	STRENGTH		
7:30am		FUNCTIONAL							
9:00am					FUNCTIONAL		AEROBIC		AEROBIC
EVENING CLASSES									
5:30pm					STRENGTH	AEROBIC	STRENGTH		