

# GROUP FITNESS TIMETABLE – FROM AUG 12TH

GROUP FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						<b>HIIT</b> Barbara 45mins	
8:30am							<b>LES MILLS BODYCOMBAT</b> Brendon 60mins
8:50am						<b>LES MILLS CORE</b> Barbara 30mins	
9:15am		<i>Yogalates</i> Kelly 45mins					
9:30am						<b>LES MILLS BODYPUMP</b> Barbara 60mins	
10:30am						<b>YOGA</b> Emily 60mins	
<b>Boxing Starting SEPT 14th</b>							
<b>↓</b>							
EVENING CLASSES							
5:30pm	<b>LES MILLS BODYPUMP</b> Juliet 60mins	<b>LES MILLS BODYATTACK</b> Adam 60mins	<b>BOXING</b> Chrissoula 60mins	<b>LES MILLS BODYSTEP</b> Fiona 60mins			
6:00pm			<i>Pilates</i> Laura 45mins				
6:30pm	<i>Konga</i> Alyse 60mins	<i>Konga</i> Sam 60mins		<b>LES MILLS BODYBALANCE</b> Catherine 60mins			
7:00pm	<b>YOGA</b> Gina 60mins		<b>YOGA</b> Paulo 60mins				