



New Years Timetable 2nd Jan – 7th Jan

NO CLASSES MONDAY 1ST						
	TUE 2	WED 3	THU 4	FRI 5	SAT 6	SUN 7
6.30am	BODYPUMP	<i>sprint</i>	BODYPUMP	RPM		
7.00am				GRIT		
7.30am			BODYBALANCE			
9.00am					<i>sprint</i>	BODYPUMP
9.30am					BODYCOMBAT	
10.00am						RPM
12.20pm			GRIT			
1.10pm		BODYPUMP		CORE		
4.00pm					BODYPUMP	
4.30pm				BODYATTACK		
5.00pm		CORE			RPM Virtual	BODYBALANCE
5.30pm	GRIT	BODYATTACK		BODYPUMP		
6.00pm	CORE					
6.10pm	RPM		BODYCOMBAT			
6.15pm		RPM				
6.30pm		BODYPUMP				
7.00pm			BODYPUMP			

