

## GROUP FITNESS STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am	LM Ceremony MDS   45						
6.30am		<b>BODYPUMP</b> Noura   55	LM Ceremony Yvette   45	<b>BODYPUMP</b> Ryan   55			
7.00am					<b>GRIT</b> Series Chris C   30		
7.30am	Open Vinyasa Marilen   55	<b>YOGA</b> Shelley   55	<b>PILATES</b> Sonia   55	The Mat Method Pilates Ryan   55	<b>PILATES</b> Sonia   55	LM Ceremony Chris C	
8.30am						LM Ceremony Chris C	
9.00am			<b>SENIOR POSTURAL</b> Cris   55	<b>FUNCTIONAL STRENGTH</b> Sarah   55	<b>SENIOR STRETCH &amp; BALANCE</b> Cris/Kathy   55		<b>BODYPUMP</b> Laurie   55
9.30am	<b>SENIOR</b> Nat   45					<b>BODYCOMBAT</b> Linda   55	
10.30am	<b>SENIOR</b> Nat   45						
10.45am						Strength Flow Pilates Maëva   55	
11.00am				<b>THE WORKS</b> Avril   55			
12.00pm						Forge & Flow Paul   55	
12.30pm	LM Strength Development Nat   45	<b>LES MILLS SHAPES</b> Joss   30		<b>GRIT</b> Strength Nat   30	LM Ceremony Nat		
1.10pm			<b>BODYPUMP</b> Noura   55	<b>LES MILLS SHAPES</b> Kelly   30			
4.00pm						<b>BODYPUMP</b> Cecilia   55	
4.15pm		<b>BODYPUMP</b> Rhiannan   45					
4.30pm	<b>LES MILLS CORE</b> Sophie   30		LM Strength Development Nat   30	<b>LES MILLS CORE</b> Sophie   30	<b>BODYATTACK</b> Sophie   45		
5.00pm		<b>LES MILLS SHAPES</b> Karola   30		<b>BODYBALANCE</b> Adro   45			<b>BODYBALANCE</b> Rebecca   55
5.10pm	<b>BODYATTACK</b> Sophie   45		<b>BODYATTACK</b> Karola   45				
5.30pm		<b>GRIT</b> Series Karola   30			<b>BODYPUMP</b> Linda   55		
5.45pm				Combat Express Mel Q   30			
6.00pm	<b>BODYPUMP</b> Chris   45		<b>LES MILLS SHAPES</b> Rose   40				
6.15pm		LM Ceremony Karola   45					
6.30pm				LM Ceremony Mel	<b>LES MILLS SHAPES</b> Linda   45		
6.45pm	<b>BODYCOMBAT</b> Igor   45		<b>BODYPUMP</b> Linda   45				

## AQUA

	MON	TUE	WED	THU	FRI	SAT	SUN
11.30am						<b>AQUA</b> Amy   45	
12.00pm			<b>AQUA</b> Anita   50				
12.10pm	<b>AQUA</b> Trish   50						



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# GROUP FITNESS TIMETABLE

## TIMETABLE EFFECTIVE AS OF JULY 6TH

## CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am			<b>Sprint</b> Nat   30				
6.30am	<b>RPM</b> Sam   45				<b>RPM</b> Christa   45		
7.00am		<b>LES MILLS THE TRIP</b>		<b>LES MILLS THE TRIP</b>		<b>LES MILLS THE TRIP</b>	
8.00am							<b>LES MILLS THE TRIP</b>
9.00am						<b>Sprint</b> Nat   30	
9.30am		<b>LES MILLS THE TRIP</b>		<b>LES MILLS THE TRIP</b>			
10.00am						<b>LES MILLS THE TRIP</b>	<b>RPM</b> Rose   45
12.30pm	<b>LES MILLS THE TRIP</b>	<b>RPM</b> Aram   45	<b>LES MILLS THE TRIP</b>		<b>Sprint</b> Virtual class   30		
1.10pm				<b>RPM</b> Virtual class   45			
4.30pm		<b>LES MILLS THE TRIP</b>	<b>LES MILLS THE TRIP</b>				<b>LES MILLS THE TRIP</b>
5.00pm						<b>RPM</b> Cecilia   45	
5.30pm	<b>Sprint</b> Rose   30			<b>RPM</b> Sophie   45			
6.00pm					<b>LES MILLS THE TRIP</b>		
6.10pm		<b>RPM</b> Christa   45					
6.15pm			<b>RPM</b> Chris C   45			<b>LES MILLS THE TRIP</b>	
6.30pm				<b>LES MILLS THE TRIP</b>			

## SUSAC GYM FLOOR

	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm							
5.30pm			Strength & Conditioning Nat   30				

## BOXING GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				<b>LES MILLS THE TRIP</b> Nat   30			
5.15pm	<b>LES MILLS THE TRIP</b> Aram   45						



CLASSES WITH THIS SYMBOL NEED YOUR LOVE TO KEEP THEM ON THE TIMETABLE!