








GROUP FITNESS TIMETABLE.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>6.00am</u>		 SPIN	LES MILLS BODYPUMP	HIIT	LES MILLS BODYPUMP
<u>9.00am</u>	LES MILLS BODYPUMP	HIIT	 SPIN & BURNER	metafit. HIIT TRAINING	LES MILLS BODYPUMP
<u>9.45am</u>				 ALLFIT	
<u>11.00am</u>			chair yoga		
<u>4.00pm</u>	LES MILLS BODYBALANCE		LES MILLS BODYBALANCE		
<u>5.30pm</u>	LES MILLS BODYPUMP	 SPIN & CORE	HIIT	 SPIN & CORE	



Bookings essential!
book via the GymMater APP.