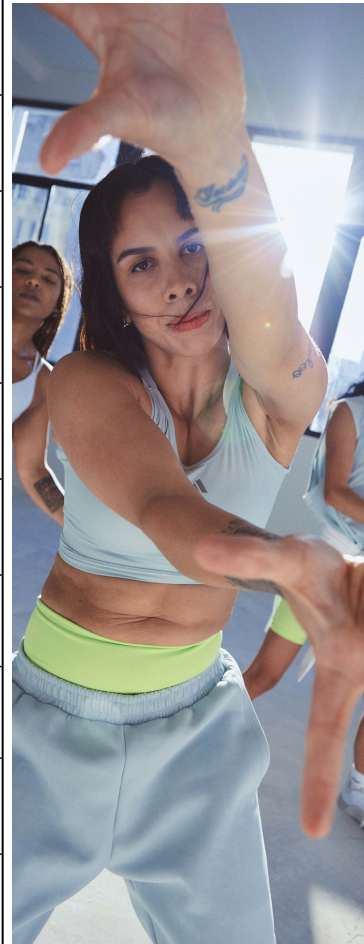


# GROUP FITNESS TIMETABLE

UPDATED 6 NOV 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am*	<b>LES MILLS RPM</b> Dao (30)	<b>LES MILLS GRIT</b> Elise (30)			<b>FUNCTIONAL</b>		
6:00am*	<b>LES MILLS BODYPUMP</b> Dao (45)	<b>LES MILLS CORE</b> Alecia (30) - 6:00am	<b>LES MILLS BODYCOMBAT</b> Alecia (45)	<b>LES MILLS Shapes</b> Alecia (45)	<b>STEP</b> Gwen (30)		
7:00am						<b>BOOTCAMP</b> Evan (30)	
8:00am						<b>LES MILLS RPM</b> Mel (45)	<b>STEP</b> Clara (45)
8:30am		<b>LES MILLS Shapes</b>			<b>LES MILLS BODYATTACK</b> Ammany (30)		
9:00am	<b>STEP</b> Alecia (30)	Gwen (45)* 8:45am	<b>BOXFIT</b> Chris (30)	<b>H.I.I.T</b> Chris (30)	<b>LES MILLS CORE</b> Chris (30)	<b>LES MILLS BODYPUMP</b> Mel (55)	<b>YOGA VINYASA FLOW</b> Teresa (60)
	<b>LES MILLS RPM</b> Mel (30)	<b>FUNCTIONAL</b>					
9:30am	<b>LES MILLS BODYPUMP</b> Mel (55)	<b>LES MILLS BODYCOMBAT</b> Alecia (45)	<b>LES MILLS BODYPUMP</b> Chris (55)	<b>BODYSCULPT</b> Chris (60)	<b>LES MILLS DANCE</b> Rose (45)		
			<b>YOGA FAST FLOW</b> Christina (60) Spin Studio		<b>FREESTYLE CYCLE</b> Alecia (45)		
9:45am							
10:30am							
11:00am	<b>Active GOLD</b> Roger (45)		<b>Active GOLD</b> Chris (45)		<b>Active GOLD</b> Fariba (45)		
3:30pm		<b>SUPERVISED TEEN GYM</b>		<b>SUPERVISED TEEN GYM</b>			
5:00pm	<b>TEEN ACTIVE</b>		<b>TEEN ACTIVE</b>		<b>TEEN ACTIVE</b>		
5:30pm	<b>LES MILLS GRIT</b> Karola (30)	<b>LES MILLS BODYATTACK</b> Ammany (45)	<b>LES MILLS CORE</b> Jako (30)	<b>LES MILLS GRIT</b> Ana (30)	<b>LES MILLS BODYATTACK</b> Ana (45)		
6:00pm	<b>BODYSCULPT</b> Chris (60)	<b>LES MILLS BODYPUMP</b> Ammany (45) 6:15pm	<b>LES MILLS RPM</b> Jako (45)				
6:30pm		<b>YOGA VINYASA FLOW</b> Teresa (60)	<b>ZUMBA</b> Tim (60)	<b>LES MILLS BODYPUMP</b> Fariba (55)			
7:00pm	<b>ZUMBA</b> Trish (60)						



Please refer to our website for the most updated timetable | \*Class times varies by 15 minutes on some programs. Please note there may be some classes that are female only.