

## **GROUP FITNESS TIMETABLE**

Effective: 23rd October 2019

Time	MONDAY	THECDAY	11155155511				
	WONDAT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am			\$5 B0X <b>€</b>				
6.00am		HIIT @		HIIT @			
8.30am					pilates	LESMILLS BODYPUMP	
8.45am	HIIT 🤣						
9.00am	Aqua PAY AS YOU GO		Aqua PAY AS YOU GO				
9.00am		BODYCOMBAT	Lesmills BODYPUMP	BODYATTACK			Lesmills BODYCOMBAT
9.20am	Lesmills BODYPUMP				<b>BODYPUMP</b>		
9.40am						LesMills BODYATTACK	
10.00am				LESMILLS BODYBALANCE			
10.15am		PRIME TIME SENIORS CIRCUIT					LESMILLS BODYBALANCE
10.30am	Mind & Body Yoga - Balance		pilates		PRIME TIME		
5.30pm		BODYATTACK (30)					fo
5.45pm	HIIT @		Lesmills BODYCOMBAT	BODYPUMP		Timetable Subject to Change	
6.05pm		BODYPUMP				PAY AS YOU GO classes are not included in Club Memberships.	
6.45pm			Mind & Body Yoga - Balance				