

# CLASS TIMETABLE 2011

CYCLE STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	6:15am						8:15am	
	9:15am							
	12:15pm		 express		 express			
	5:15pm	<b>SPIN</b>						
	5:30pm							
	6:00pm	 express						

GROUP FITNESS STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	6:15am						9:15am	
	9:15am						10:25am	
	10:25am							
	12:15pm			 express				
	4:30pm	<b>POWER CIRCUIT</b> 30 mins	 express	<b>ABS, BUTT &amp; LEGS!</b> 30 minute				
	5:15pm	<b>JUST ABS</b> 30mins	 5:30pm		<b>BOXFIT</b>	<b>POWER YOGA</b>		
	6:00pm							
	6:25pm		<b>BOXFIT</b>					
6:40pm								



**MONDAY 12.15PM BODY BALANCE TRAINING CLASS (MERI)**  
**WEDNESDAY 7.00AM BODY BALANCE TRAINING CLASS (MERI & MEAGAN)**  
 (These classes will be taken by instructors currently training in Body Balance). Participant feedback is welcome!

**LES MILLS**

