

Q4 GROUP FITNESS CLASSES

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.15am						8.15am	
9.15am							
12.15pm		 express		 express			
4.45pm		 express					
5.10pm					 express		
5.30pm							
6.00pm	 express						
6.25pm			 express				

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.15am						9.15am	
7.00am			 express				
8.40am					Just ABS 30 mins	10.20am	
9.15am							
10.20am	BOXFIT						
12.15pm			 express		 express		
4.20pm		PILATES					
4.40pm	Just ABS 30 mins						
5.15pm				BOXFIT			
6.25pm		BOXFIT					

LES MILLS

