

# SEPTEMBER 2010

## Cycle Studio

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

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.15am						9.15am	
6.45am			 express			10.25am	
9.15am							
10.25am							
12.15pm					 express		
4.20pm		ZUMBA 45 mins					
4.40pm	Just ABS 30 mins						
5.15pm				BOXFIT	 5.30PM express		
6.25pm		BOXFIT	ZUMBA				

**LES MILLS**

