


GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM	LES MILLS BODYPUMP <small>express</small>	LES MILLS GRIT	SPIN	LES MILLS BODYPUMP <small>express</small>	SPIN		
6.45 AM	LES MILLS CXWORX			LES MILLS CXWORX			
8.00 AM	SILVER SNEAKERS STRENGTH	SILVER SNEAKERS CIRCUIT	SILVER SNEAKERS SPIN	SILVER SNEAKERS STRETCH	SILVER SNEAKERS EQUILIBRIUM		
8.15 AM						LES MILLS RPM	LES MILLS BODYATTACK
9.00 AM		SILVER SNEAKERS STRETCH		YOGA <small>express</small>		LES MILLS BODYSTEP	LES MILLS GRIT
9.15 AM					LES MILLS BODYSTEP		
9.30 AM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP			LES MILLS RPM
10.00 AM					LES MILLS CXWORX	LES MILLS BODYPUMP	
10.30 AM							LES MILLS CXWORX
10.40 AM	LES MILLS BODYBALANCE	METAFIT CORE <small>45</small>	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYBALANCE		
11.00 AM						LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
5.30 PM	METAFIT CORE	LES MILLS BODYATTACK			LES MILLS GRIT		
6.00 PM			LES MILLS BODYPUMP	LES MILLS BODYBALANCE	BOXING EXPRESS		
6.15 PM	LES MILLS BODYSTEP	LES MILLS RPM					
6.45 PM			LES MILLS CXWORX				
7.00 PM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		LES MILLS BODYATTACK			
7.15 PM			LES MILLS GRIT				
8.00 PM	LES MILLS BODYBALANCE <small>45</small>						


POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.00 AM							AQUA AEROBICS
9.15 AM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
7.00 PM	AQUA AEROBICS						
7.30 PM			AQUA AEROBICS				

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
MELBOURNE CUP	TUESDAY 5 TH NOVEMBER	11.00 AM - 5.00PM	11.15AM	BODY PUMP

UP TO **3** MINUTES AFTER = LAST CHANCE TO GET A TICKET



UP TO **5** MINUTES AFTER = LAST CHANCE TO GET IN



ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED