

Group Fitness Timetable

April School Holidays 2019



AM

MON 15 th		TUE 16 th	WED 17 th	THUR 18 th	FRI 19 th	SAT 20 th	SUN 21 st
		LES MILLS RPM 6.05am-6.35am	LES MILLS BODYPUMP 6.05am-6.50am	LES MILLS sprint 6.05am-6.35am			
					GOOD FRIDAY	LES MILLS RPM 9.10am-9.55am	EASTER SUNDAY
LES MILLS BODYPUMP 9.00am-10.00am	LES MILLS RPM 9.00am-9.45am	LES MILLS sprint 9.00am-9.30am LES MILLS GRIT STRENGTH 9.40am-10.10am	LES MILLS GRIT CARDIO 9.00am-9.30am	LES MILLS BODYPUMP 9.00am-10.00am		LES MILLS BODYPUMP 9.10am-10.10am	
YOGA 10.15am-11.15am			LES MILLS BODYBALANCE 10.05am-11.05am				

PM

LES MILLS BODYPUMP 4.30pm-5.30pm	LES MILLS sprint 4.45pm-5.15pm	LES MILLS GRIT STRENGTH 5.00pm-5.30pm				Virtual Check out the RPM timetable
LES MILLS GRIT CARDIO 5.35pm-6.05pm	LES MILLS RPM 5.35pm-6.20pm	LES MILLS BODYPUMP 5.30pm-6.30pm	LES MILLS CXWORX 5.35pm-6.05pm	LES MILLS RPM 5.35pm-6.20pm	LES MILLS BODYPUMP 6.00pm-7.00pm	
LES MILLS BODYBALANCE 6.10pm-7.10pm	ZUMBA 6.35pm-7.35pm			ZUMBA 7.10pm-8.10pm		

Important. Please arrive 10 minutes prior to all classes starting to allow for set-up. There is strictly no admittance to class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished.

Group Fitness Timetable

April School Holidays 2019



AM

MON 22 nd	TUE 23 rd	WED 24 th	THUR 25 th	FRI 26 th	SAT 27 th	SUN 28 st
	LES MILLS RPM 6.05am-6.35am	LES MILLS BODYPUMP 6.05am-6.50am		LES MILLS GRIT STRENGTH 6.05am-6.35am		
EASTER MONDAY			ANZAC DAY		LES MILLS RPM 8.00am-8.30am / 8.00am-8.45am	LES MILLS sprint 8.15am-9.45am
9.10am-9.45am 9.10am-10.10am	LES MILLS BODYPUMP 9.00am-10.00am	LES MILLS GRIT CARDIO 9.00am-9.30am		LES MILLS BODYPUMP 9.00am-10.00am	LES MILLS BODYPUMP 9.00am-10.00am	9.00am-10.00am 9.00am-10.00am
		LES MILLS BODYBALANCE 10.05am-11.05am		LES MILLS BODYBALANCE 10.05am-11.05am	ZUMBA 10.45am-11.45am	

PM

MON 22 nd	TUE 23 rd	WED 24 th	THUR 25 th	FRI 26 th	SAT 27 th	SUN 28 st
	LES MILLS sprint 4.45pm-5.15pm	LES MILLS GRIT STRENGTH 5.00pm-5.30pm				
	LES MILLS BODYPUMP 5.30pm-6.30pm	5.35pm-6.05pm 5.35pm-6.20pm		LES MILLS sprint 5.15pm-5.45pm		
	ZUMBA 6.35pm-7.35pm					

Check out the Virtual RPM timetable

Important. Please arrive 10 minutes prior to all classes starting to allow for set-up. There is strictly no admittance to class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished.