



MAY GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am	LES MILLS GRIT Session 2	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS GRIT Session 2		
7.30 am		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			
8.00 am		LES MILLS GRIT Session 2	LES MILLS CXWORX (8:15-8:45)		LES MILLS GRIT Session 2	LES MILLS BODYPUMP	
8.30 am	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	BUILD-N-BURN	LES MILLS RPM		
9.00 am		LES MILLS CXWORX	LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT	LES MILLS CXWORX	LES MILLS RPM
9.30 am	LES MILLS BODYPUMP	Pilates (9:45-10:45)	LES MILLS BODYPUMP	Pilates (9:45-10:45)	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT LES MILLS RPM	
10.00 am							Yoga
10.30 am	LES MILLS BODYFLOW		<u>Gentle Yoga/ Stretch</u>		LES MILLS BODYFLOW		
11.30 am			Line Dancing				
EVENING CLASSES							
5.00 pm		EXPRESS LES MILLS RPM		LES MILLS CXWORX			
5.30 pm	LES MILLS CXWORX LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYFLOW LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS GRIT Session 2		
6.00 pm	LES MILLS BODYCOMBAT						
6.30 pm			LES MILLS GRIT Session 2	<u>Gentle Yoga/ Stretch</u>			