

GROUP FITNESS SCHEDULE - EFFECTIVE MONDAY 19 SEPTEMBER 2011

GROUP FITNESS STUDIO							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30					ABT EXPRESS		
8:00						BODY ATTACK	
8:30	ZUMBA	BodyPUMP	BodySTEP	BodyPUMP	BodySTEP		
9:00						BodyPUMP	
9:30	BodyPUMP	BodyATTACK	LES MILLS 50/50	ZUMBA	BodyPUMP		
10:00						PILATES	YOGA 1.25hr
10:30	BodyBALANCE	STRETCH	BodyBALANCE	BodyBALANCE	BodyBALANCE		
4:00			YOGA 1.25hr				
4:30	Cardio/Fab Abs	BodyPUMP		Cardio/Fab Abs			
5:30	BodyPUMP	TRX CIRCUIT	BodyPUMP	BodyATTACK			
6:30	PILATES		BOXING	BodyBALANCE			
CYCLE FITNESS STUDIO							
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30			CYCLE EXPRESS				
8:00						CYCLE	
8:30	RPM						
9:30		CYCLE		RPM EXTREME			
5:30	RPM EXTREME	RPM	RPM				

Opening hours

Mon-Thurs 6:00am-8:30pm
 Fri 6:00am-6:30pm
 Sat 7:30am-1:30pm
 Sun 7:30am-12:30pm

Creche hours

Mon-Fri 8:30am-11:0am
 Tues-Thurs 2:30pm-5:30pm
 Sat 8:00am-11:00am