

## **LIVE GROUP FITNESS TIMETABLE**

**BOOK YOUR CLASSES ON THE APP** 

GROUP FITNESS STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	FCT		LESMILLS BODYPUMP		GRIT STRENGTH	SATURDAT	SUNDAT
		LesMills	LESMILLS	LesMills	· ·		
6:05am		CORE	CORE	LESMILLS BODYBALANCE			
8:00am							FCBOX
8:10am				PILÄTES		LESMILLS BODYBALANCE	
8:40am			CORE		CORE		
9:00am			OORL		OORL		YOĞA
	FCBOX	LesMills	LesMills	LesMills	PILATES	LesMills	
9:15am	FCBOX	BODYPUMP	BODYBALANCE	BODYPUMP 30)	PILATES	BODYPUMP	
9:50am				CORE			
10:05am	PILÄTES						
10:20am		YOGA					
4:30pm	ZVMBA*						
5:30pm	LESMILLS BODYPUMP		GRIT STRENGTH	PILĂTES &			
6:10pm	DODIT GIIII	Lesmills BODYBALANCE					
6:35pm	CORE						
CYCLE STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Sprint		SOLIUT		LESMILLS		
6:05am	Sprint	LesMills	Sprint	Sprint	LesMills		
	Эргитс	RPM 🤣	Оргине	Орине	Эргитс	LesMills	
8:15am						RPM	LesMills 📐 🗼
8:50am	J = = =	I and an in-	LesMills				sprint
9:15am	LesMILLS <b>RPM</b>	Sprint	Sprint	RPM 3	LesMILLS <b>RPM</b>		
5:45pm	LesMills <b>RPM</b>						
6:10pm		Sprint	Sprint	Sprint			
OUTDOOR FUNCTIONAL TRAINING AREA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am						FČŤ	
9:50am			ĘČŤ				
5:30pm		FCT		FCT			
-5:30pm		rej		<b>[6]</b>			