

Group Fitness Timetable

MONDAY 5 JUNE – SUNDAY 30 JULY

GROUP FITNESS ROOM / SPIN ROOM

THE STUDIO/FUNCTIONAL TRAINING ZONE/OUTDOORS

M	6:05–7:05am BODYPUMP	7:05–8:05am RPM		9–10am BODYPUMP		12–1pm YOGA	1–2pm ZUMBA	4:30–5:30pm BODYATTACK	5:30–6:30pm RPM	6–7pm BODYPUMP	6:05–7:00am JUMP START	7:05–8am JUMP START	6–7pm ULTRAFT
	6:05–7:05am BODYATTACK	7:05–8:05am RPM		9–10am YOGA		12–1pm ZUMBA	1–2pm BODYPUMP CK WORK	4–5pm BODYPUMP	5:00–5:30pm CK WORK 5:30–6:30 RPM	6–7pm BODYBALANCE			9–10am JUMP START
T	6:05–7:05am BODYPUMP					12–1pm BODYPUMP	1–2pm YOGA	4–5pm BODYATTACK	5–6pm RPM	6:30–7:30pm YOGA	6:05–7:00am JUMP START	7:05–8am JUMP START	6–7pm ULTRAFT
						12:30–1pm CK WORK	1–2pm BODYBALANCE	4–5pm BODYPUMP	5–6pm BODYATTACK	6–7pm ZUMBA			9–10am JUMP START
W	6:05–7:05am BODYPUMP												
T		7:05–8:05am RPM		9–10am YOGA									9–10am JUMP START
F	6:05–7:05am BODYPUMP	7:05–8:05am YOGA RPM				12–1pm PILATES		4:30–5:30pm BODYATTACK	5:30–6:30pm BODYPUMP		6:05–7:00am JUMP START	7:05–8am JUMP START	6–7pm ULTRAFT
S				8:05–9:05am BODYPUMP	9:05–10am BODYATTACK								9–10am YOGA on the grass @ Riley
				8:30–9:30am BODYPUMP	9:30–10:30am BODYBALANCE								9–10am JUMP START