



GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BodyPump	BodyStep	BodyPump	BodyAttack	BodyStep		
9.30am	BodyStep	BodyPump	BodyBalance	X-Trainer	BodyPump	BodyAttack	BodyBalance
10.30am						BodyBalance	
5.30pm	BodyStep	BodyPump	BodyStep	BodyAttack			BodyStep (3.15pm)
6.30pm	BodyAttack	BodyBalance	Boxacise	BodyPump	BodyPump (6.00pm)	Strength Endurance Core-XT (4.15pm)	BodyPump (4.15pm)
7.30pm	Box-Circuit		BodyPump	BodyBalance			