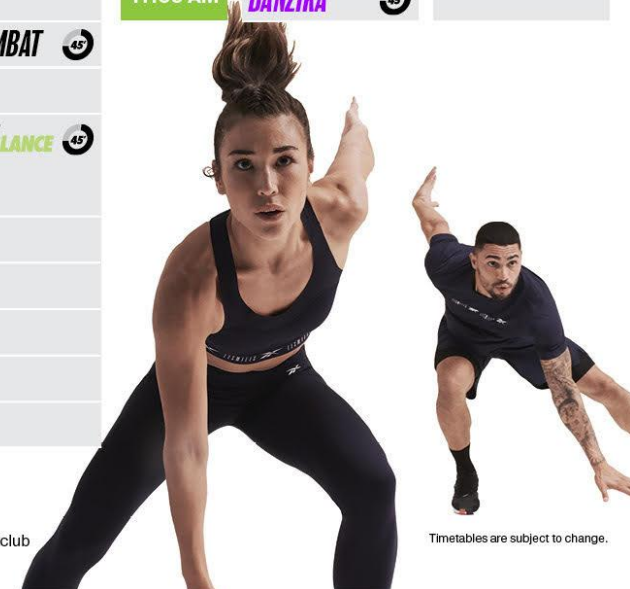


GROUP FITNESS

# TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10 AM		LES MILLS <b>sprint</b> 30'				LES MILLS <b>sprint</b> 30'	
5:30 AM				LES MILLS <b>sprint</b> 30'		LES MILLS <b>GRIT</b> 30'	
5:45 AM	LES MILLS <b>RPM</b> 30'	LES MILLS <b>BODYPUMP</b> 45' LES MILLS <b>sprint</b> 30'	<b>TABATA</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>RPM</b> 45'	LES MILLS <b>CORE</b> 30'	
8:45 AM			<b>SALSA</b> 45'			<b>CASUAL TENNIS</b> 60'	
9:00 AM	LES MILLS <b>BODYPUMP</b> 45' LES MILLS <b>RPM</b> 45'	LES MILLS <b>BODYATTACK</b> 30'		LES MILLS <b>BODYATTACK</b> 30'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>BODYATTACK</b> 45'
9:35 AM		<b>PILATES</b> 30'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYBALANCE</b> 45'		LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYPUMP</b> 45'
9:50 AM	LES MILLS <b>BODYBALANCE</b> 55'				<b>FIT COMBAT</b> 45'	<b>PILATES</b> 45'	LES MILLS <b>BODYBALANCE</b> 45'
4:55 PM	LES MILLS <b>GRIT</b> 30'	LES MILLS <b>BODYPUMP</b> 30'	<b>PILATES</b> 30'				
5:30 PM	LES MILLS <b>RPM</b> 45' LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>RPM</b> 45' LES MILLS <b>BODYBALANCE</b> 45'	LES MILLS <b>RPM</b> 45' LES MILLS <b>GRIT</b> 30' LES MILLS <b>BODYATTACK</b> 30'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYBALANCE</b> 45'		
6:00 PM							
6:20 PM	LES MILLS <b>BODYPUMP</b> 45'	<b>ZUMBA</b> 45'		<b>SALSA</b> 45'			
6:30 PM		<b>CASUAL TENNIS</b> 60'		<b>CASUAL TENNIS</b> 60'			
6:35 PM			LES MILLS <b>CORE</b> 30'				
7:10 PM	<b>YOGA</b> 60'	<b>BARRE</b> 45'					



200 Settlement Road, The Gap (07) 3300 6668 ghrc.com.au thegaphealthandracquetclub @thegaphealthracquetclub

Timetables are subject to change.