

New timetable commences March 27th 2017

GROUP FITNESS STUDIO 1

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5,45am	30 metafit				30 metafit		
7,00am						55 LES MILLS BODYPUMP™	
8,00am						45 LES MILLS SH'BAM™	
8,30am							60 LES MILLS BODYCOMBAT™
8,40am	45 LES MILLS SH'BAM™	45 LES MILLS BODYCOMBAT™		45 LES MILLS BODYCOMBAT™	45 LES MILLS BODYPUMP™		
9,30am	55 LES MILLS BODYPUMP™	55 ZUMBA	55 LES MILLS BODYCOMBAT™	55 LES MILLS SH'BAM™	55 LES MILLS BODYCOMBAT™		
10,00am						60 YOGA	
10,30am	60 LES MILLS SH'BAM™	60 YOGA	60 LES MILLS BODYPUMP™	60 YOGA	60 ZUMBA		
5,30pm	60 FITBOX	60 LES MILLS BODYCOMBAT™	30 metafit	60 LES MILLS BODYCOMBAT™			
6,00pm			60 LES MILLS BODYPUMP™		45 LES MILLS SH'BAM™		
6,30pm	45 LES MILLS SH'BAM™	60 ZUMBA		60 FITBOX			

FUNCTIONAL TRAINING AREA

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5,30am				45 HIT ZONE			
8,45am				45 ABS			
4,00pm		60 TEEN FIT		60 TEEN FIT			
6,30pm		45 HIT ZONE					

RPM STUDIO TIMETABLE

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8,00am	60					LES MILLS RPM™	
8,30am	60						LES MILLS RPM™
9,30am	60	LES MILLS RPM™		LES MILLS RPM™			
6,00pm	60 LES MILLS RPM™						
6,30pm	60		LES MILLS RPM™				

PILATES

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8,30am	60 PILATES		60 POWER PILATES			60 PILATES	
9,30am	60				60 PILATES		
6,30pm	60 PILATES						
7,30pm	60		60 PILATES				

1 The YMCA recommends you have participated in a **Pilates A** class for a minimum of 6 weeks before you progress to a **B** or **C** class.

= **PILATES** (B) = Beginners **PILATES** (C) = Intermediate-advanced **PILATES** (E) = Equipment required (see reception) **PILATES** (R) = Returning to functional movement