

Group Fitness Timetable August 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.45am		RPM	SPRINT		RPM
5.45am	Boxing		BodyPump	Grit Strength	
6.15am					
9.00am					
9.30am	RPM	BodyPump	Yoga	BodyPump	Yoga
9.30am			SPRINT		RPM
10.40am	Yoga	Pilates	Barre	Pilates	
12.30pm		Grit Strength	HIIT		Grit Strength
4.30pm	Pilates				
5.30pm	RPM	Yoga	BodyPump	Barre	
5.30pm		Boxing	RPM	SPRINT	
5.30pm				Boxing	
5.45pm		RPM			
6.15pm	BodyPump				
6.30pm		Grit Strength		Yogalates	
7.00pm			Pilates		
7.30pm	Yoga				

Time	Saturday	Sunday
8.00am	RPM	RPM
8.00am	Barre	
8.30am		Yoga
9.00am	BodyPump	
10.15am	Pilates	