

Group Fitness Timetable August 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.45am		RPM	SPRINT		RPM
5.45am			BodyPump	Grit Strength	
6.00am	Boxing				
8.45am		SPRINT	Total Body Workout		
9.30am	RPM	Total Body Strength	Yoga	BodyPump	RPM
10.15am	Yoga				Yoga
10.40am		Pilates		Pilates	
12.30pm	GRIT		Boxing		GRIT
4.30pm	Pilates				
5.30pm	BodyCombat	Yoga	BodyCombat	Barre	
5.30pm	RPM				
5.30pm		Boxing		Boxing	
5.45pm		SPRINT		SPRINT	
6.15pm	BodyPump				
6.30pm		Grit Strength		BodyPump	
7.00pm			Pilates		
7.30pm	Yoga				

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