

Group Fitness Timetable January 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5.35am		45 minute RPM Troyer			45 minute RPM Troyer	8.00am	45 minute RPM Troyer	45 minute RPM Troyer
5.45am	45 minute Boxing		45 minute BodyPump	30 minute Grit Strength		8.00am	45 minute Barre	
6.15am			30minute SPRINT			8.30am		45 minute Yoga Moana
9.00am						9.00am	45 minute BodyPump	
9.30am	45 minute RPM Doug	1 hour BodyPump Meg	45 minute Yoga Rachael	1 hour BodyPump Meg	45 minute Yoga Sarah	8.45am		
9.30am					45 minute RPM	10.00am	45 minute Pilates	
10.40am		1 hour Pilates Rachael	45 minute Barre Rachael	1 hour Pilates Rachael				
12.30pm	30 minute HIIT Vanisha	30 minute Grit Strength	30minute SPRINT					
4.30pm	45 minute Pilates			45 minute Body Pump				
5.30pm	45 minute RPM	45 minute Yoga	1 hour BodyPump	45 minute Barre				
5.30pm		45 minute Boxing	45 minute RPM	45 minute Boxing				
6.00pm		45 minute RPM		30minute SPRINT				
6.30pm	45 minute Body Pump	30 minute HIIT		45 minute Yogalates				
7.00pm			45 minute Pilates					
7.30pm	45 minute Yoga							