

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	 RPM (LES MILLS)	 BODYPUMP (LES MILLS)	 BODYCOMBAT (LES MILLS)	 BODYPUMP (LES MILLS)	 PILATES		
8:30 AM						 BODYPUMP (LES MILLS)	
9:30 AM						 BODYCOMBAT (LES MILLS)	 YOGA
12:00 PM	 BODYPUMP (LES MILLS)	 YOGA	 BOXING CIRCUIT	 YOGA			
5:30 PM	 BODYPUMP (LES MILLS)	 LES MILLS CORE (45 MINS)	 RPM (LES MILLS)	 BODYCOMBAT (LES MILLS)			
6:30 PM	 PILATES	 YOGA	 YOGA	 PILATES			

AQUA	11:00 AM		10:00 AM	9:45 AM			
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## GYM FLOOR CLASSES - SMALL GROUP TRAINING

AM						
PM	5:00 PM		5:00 PM			

KELVIN GROVE FITNESS AND AQUATICS

W: [ymcafitness.com/locations/ymca-qut-kelvin-grove](http://ymcafitness.com/locations/ymca-qut-kelvin-grove)

F: YMCA QUT Fitness and Aquatic | I: [ymcaqut](http://ymcaqut)