

GROUP FITNESS TIMETABLE - *Commencing 6th February*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	▶ RPM (LES MILLS)	▶ FUNCTIONAL STRENGTH	▶ BODYCOMBAT (LES MILLS)	▶ BODYPUMP (LES MILLS)	▶ RPM (LES MILLS)		
8:30 AM						▶ BODYPUMP (LES MILLS)	
9:30 AM						▶ BODYCOMBAT (LES MILLS)	▶ YOGA
12:00 PM	▶ FUNCTIONAL STRENGTH	▶ BODYBALANCE (LES MILLS)		▶ YOGA			
5:30 PM	▶ BODYPUMP (LES MILLS)	▶ LES MILLS CORE (45 MINS)	▶ RPM (LES MILLS)	▶ BODYCOMBAT (LES MILLS)			
6:30 PM	▶ YOGALATES	▶ YOGA	▶ YOGA	▶ PILATES			
AQUA	11:00 AM		10:00 AM	9:45 AM			

KELVIN GROVE FITNESS AND AQUATICS

W: ymcafitness.com/locations/ymca-qut-kelvin-grove

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