

# Group Fitness Timetable

	M	T	W	T	F	S
VIP	6.00 <b>SPIN + ABS</b> 55	6.00 <b>Yoga</b> 55	6.00 <b>SPIN</b> 55	6.00 <b>LES MILLS BODYBALANCE</b> 55	6.00 <b>SPIN</b> 45	8.00 <b>SPIN</b> 45
MORNING	9.30 <b>LES MILLS BODYBALANCE</b> 55	9.30 <b>LES MILLS BODYPUMP</b> 55	9.30 <b>STEP</b> 55	9.30 <b>SPIN</b> 55	9.30 <b>LES MILLS BODYPUMP</b> 55	9.15 <b>Yoga</b> 55
		11.00 <b>use it or lose it</b> 45	10.35 <b>Yoga</b> 55		10.35 <b>LES MILLS BODYBALANCE</b> 55	
LUNCH	12.15 <b>Pilates</b> 45	12.15 <b>LES MILLS BODYBALANCE</b> 55	12.15 <b>LES MILLS BODYPUMP</b> 30	12.15 <b>Pilates</b> 55	12.15 <b>Yoga</b> 55	
EVENING	5.30 <b>LES MILLS BODYPUMP</b> 55		5.30 <b>SPIN + ABS</b> 55	5.30 <b>LES MILLS BODYBALANCE</b> 55	5.30 <b>Restorative Yoga</b> 55	
	5.30 <b>SPIN</b> 45	6.05 <b>Yoga</b> 55	5.30 <b>Pilates</b> 55			
	6.35 <b>Yoga</b> 55		6.35 <b>LES MILLS BODYPUMP</b> 45			