Holiday TIME-TABLE



This timetable is for 24nd Dec - 6th Jan.
Normal Timetable resumes Thursday 7th Jan, 2027

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00am	BODYPUMP 30min	BODYCOMBAT 30min	BODYPUMP 30min	BODYCOMBAT 30min	BODYATTACK 30min		
5:30am	BODYATTACK 30min	BODYPUMP 30min	BODYATTACK 30min	CORE 15min	BODYPUMP 30min		
6:00am	BODYPUMP 45min	CORE 45min **6:10am**	BODYCOMBAT 45min	BODYPUMP 45min	BODYATTACK 45min		
6:50am	CORE 15min		CORE 15min		CORE 15min	CORE 45min **7:00am**	
7:15am	BODYPUMP 45min	BODYCOMBAT 45min	BODYBALANCE 45min	BODYPUMP 45min	BODYCOMBAT 45min		BODYPUMP 60min
8:00am						BODYPUMP 45min	RESERVED For workshops & special classes
9:00am	BODYBALANCE 60min			BODYBALANCE 60min		BODYBALANCE 60min	
9:15am		BODYPUMP 45min	BODYPUMP 45min		BODYPUMP 60min		
10:15am	CORE 30min	CORE 45min	BODYBALANCE 60min	BODYCOMBAT 45min	CORE 45min **10:20am**	BODYPUMP 45min **10:30am**	
11:00am	BODYBALANCE 60min						
11:15am					BODYCOMBAT 45min	CORE 45min	BODYBALANCE 60min
12:15pm	BODYPUMP 45min	BODYBALANCE 60min	CORE 45min	BODYPUMP 45min	BODYBALANCE 60min	BODYBALANCE 45min	BODYPUMP 60min
1:15pm	CORE 45min		BODYPUMP 45min	BODYBALANCE 60min	BODYATTACK 45min	BODYPUMP 60min	BODYCOMBAT 60min
2:30pm			BODYBALANCE 60min	BODYATTACK 45min	BODYCOMBAT 60min		BODYBALANCE 60min
3:30pm	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYBALANCE 45min	BODYCOMBAT 45min	BODYPUMP 60min
4:30pm	BODYBALANCE 45min	CORE 15min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	BODYBALANCE 60min	CORE 45min
5:00pm		BODYATTACK 45min					
5:30pm	BODYPUMP 45min		BODYPUMP 45min	BODYCOMBAT 45min	BODYBALANCE 60min		
6:00pm		BODYBALANCE 60min					
6:30pm	BODYBALANCE 60min		BODYBALANCE 60min	BODYBALANCE 60min			

migym
LesMills
CHOOSE HAPPY

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