

















	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
A M	6.10am  Lisa	6.10am <b>LES MILLS 45 BODYPUMP</b> Lisa	6.10am <b>LES MILLS GRIT   STRENGTH</b> Lisa 6.40am <b>LES MILLS CXWORX</b> Lisa	6.10am <b>LES MILLS RPM</b> E-J	6.10am <b>LES MILLS 45 BODYPUMP</b> Peter	AM	8.10am  Angela	9.15am <b>LES MILLS BODYPUMP</b> E-J
	9.15am <b>LES MILLS RPM</b> Peter	9.15am <b>LES MILLS CXWORX</b> Nicole	9.15am <b>LES MILLS RPM</b> Larissa	9.15am  Peta	9.15am <b>LES MILLS RPM</b> Viv		8.15am <b>LES MILLS RPM</b> E-J	9.15am  Jak
	9.15am <b>LES MILLS GRIT   STRENGTH</b> Nadia	9.50am <b>LES MILLS BODYBALANCE</b> Nicole	9.15am <b>LES MILLS BODYPUMP</b> Nicole	10.30am  Gaye	9.15am <b>LES MILLS BODYPUMP</b> Mel		8.30am <b>LES MILLS GRIT   STRENGTH</b> Lisa	10.30am <b>LES MILLS BODYBALANCE</b> E-J
	9.45am <b>LES MILLS CXWORX</b> Nadia	10.30am  Nadia	10.30am  Wendy	4.30pm <b>LES MILLS 45 BODYPUMP</b> Josh	10.30am  Scott		9.00am <b>LES MILLS CXWORX</b> Lisa	4.30pm  Maree
	4.30pm <b>LES MILLS BODYBALANCE</b> Kim	4.30pm <b>LES MILLS BODYPUMP</b> Anna-Maria	1.15pm <b>LES MILLS 45 BODYBALANCE</b> Kim	5.30pm <b>LES MILLS RPM</b> Viv	5.30pm <b>LES MILLS GRIT   STRENGTH</b> Mel		9.35am <b>LES MILLS BODYSTEP</b> Lisa	
	5.30pm <b>LES MILLS CXWORX</b> Danielle	5.35pm <b>LES MILLS GRIT   STRENGTH</b> Josh	6.05pm <b>LES MILLS 45 BODYPUMP</b> E-J	6.05pm <b>LES MILLS RPM</b> Viv	6.05pm <b>LES MILLS RPM</b> Viv			
	6.05pm <b>LES MILLS RPM</b> Viv	6.05pm <b>LES MILLS RPM</b> Viv	6.05pm <b>LES MILLS 45 BODYPUMP</b> E-J	6.30pm  Maree	6.05pm <b>LES MILLS RPM</b> Viv			
	6.05pm <b>LES MILLS BODYSTEP</b> E-J	6.10pm  Maree 6.30pm  Erika	6.30pm <b>LES MILLS RPM</b> Mel	6.30pm  Maree	6.30pm <b>LES MILLS RPM</b> E-J			
	7.10pm <b>LES MILLS BODYPUMP</b> Mel	7.10pm  Peter	7.00pm  E-J	6.35pm <b>LES MILLS BODYBALANCE</b> Nicole	7.10pm <b>LES MILLS BODYPUMP</b> Mel			
							PM	 <p>7 Wilson Street, North Hobart Phone 6210 2241 Fax 6235 9561 Timetable available @ <a href="http://www.friendshealthandfitness.com.au">www.friendshealthandfitness.com.au</a> Facebook.com/FriendsHealthandFitness</p> <p><b>FROM 17 JULY</b></p>