

















	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
A M	6.10am  Lisa	6.10am LES MILLS 45 BODYPUMP Lisa	6.10am LES MILLS GRIT STRENGTH Lisa	6.10am LES MILLS RPM	6.10am LES MILLS 45 BODYPUMP	AM	8.10am 	9.15am LES MILLS BODYPUMP
	6.10am LES MILLS 45 BODYCOMBAT Georgia	9.15am LES MILLS CXWORX Nicole	6.40am LES MILLS CXWORX Lisa	E-J	Peter		Angela	E-J
	9.15am LES MILLS RPM Peter	9.45am LES MILLS BODYBALANCE Nicole	9.15am LES MILLS RPM Larissa	9.15am LES MILLS BODYCOMBAT	9.15am LES MILLS RPM Viv		8.15am LES MILLS RPM E-J	9.15am  Jak
	9.15am LES MILLS GRIT STRENGTH Nadia	4.30pm LES MILLS 45 BODYPUMP Anna-Maria	9.15am LES MILLS BODYPUMP Nicole	Peta	9.15am LES MILLS BODYPUMP		8.30am LES MILLS GRIT STRENGTH Lisa	10.30am LES MILLS BODYBALANCE E-J
	9.45am LES MILLS CXWORX Nadia	10.30am  Nadia	10.30am  Wendy	10.30am  Gaye	Mel		9.00am LES MILLS CXWORX Lisa	10.30am LES MILLS BODYBALANCE E-J
	10.30am  Nadia	5.20pm LES MILLS 45 BODYCOMBAT Peta	1.15pm LES MILLS BODYBALANCE Ricci	10.30am  Gaye	10.30am  TBC		9.35am LES MILLS BODYSTEP Lisa	4.30pm  Maree
	4.30pm LES MILLS BODYBALANCE Kim	6.05pm LES MILLS RPM Viv	5.00pm LES MILLS GRIT STRENGTH Josh	4.30pm LES MILLS 45 BODYPUMP Josh	5.30pm LES MILLS GRIT STRENGTH Mel		5.30pm LES MILLS GRIT STRENGTH Mel	
	5.30pm LES MILLS CXWORX Danielle	6.10pm  Maree	6.05pm LES MILLS 45 BODYPUMP E-J	5.30pm LES MILLS BODYSTEP Mel	6.05pm LES MILLS CXWORX Mel		6.05pm LES MILLS CXWORX Mel	
	6.05pm LES MILLS RPM Viv	6.30pm  Erika	6.30pm LES MILLS RPM Mel	6.30pm  Maree				
	6.05pm LES MILLS BODYSTEP EJ	7.10pm  Peter	7.00pm  E-J	6.35pm LES MILLS BODYBALANCE Nicole				
7.10pm LES MILLS BODYPUMP Mel								
						PM		
							 7 Wilson Street, North Hobart Phone 6210 2241 Fax 6235 9561 Timetable available @ www.friendshealthandfitness.com.au Facebook.com/FriendsHealthandFitness FROM 4 SEPTEMBER	