














Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.10am Lisa 	6.10am Lisa LES MILLS 45 BODYPUMP	6.10am Lisa LES MILLS GRIT STRENGTH	6.10am E-J LES MILLS RPM	6.10am Josh 45 LES MILLS BODYPUMP	8.10am Angela 	9.15am E-J LES MILLS BODYPUMP
6.10am Georgia LES MILLS 45 BODYCOMBAT	9.15am Nicole LES MILLS CXWORX	6.40am Lisa LES MILLS CXWORX				
9.15am Josh LES MILLS GRIT STRENGTH	9.45am Nicole LES MILLS BODYBALANCE	9.15am Nicole LES MILLS BODYPUMP	9.15am Peta LES MILLS BODYCOMBAT	9.15am Mel LES MILLS BODYPUMP	8.15am E-J LES MILLS RPM	9.15am Jak 
9.45am Josh LES MILLS CXWORX	4.30pm Anna-Maria LES MILLS 45 BODYPUMP	10.30am Gaye 	10.30am Gaye 	9.15am Kim LES MILLS RPM	8.30am Lisa LES MILLS GRIT STRENGTH	
10.30am Angela 				10.30am Ang 	9.00am Lisa LES MILLS CXWORX	10.30am E-J LES MILLS BODYBALANCE
4.30pm Kim LES MILLS BODYBALANCE	5.20pm Peta LES MILLS 45 BODYCOMBAT	5.00pm Josh LES MILLS GRIT STRENGTH	4.30pm Josh LES MILLS 45 BODYPUMP	5.30pm Mel LES MILLS GRIT STRENGTH		4.30pm Lynne 
5.30pm Danielle LES MILLS CXWORX	6.05pm Kim LES MILLS RPM	5.30pm Josh LES MILLS CXWORX		6.05pm Mel LES MILLS CXWORX		
6.05pm Kim LES MILLS RPM	6.20pm Gaye 	6.05pm E-J LES MILLS 45 BODYPUMP	5.30pm Mel LES MILLS BODYSTEP	<p>GROUP FITNESS TIMETABLE From 2 January Download timetable: friendshealthandfitness.com.au</p> 		
6.05pm EJ LES MILLS BODYSTEP	6.30pm Erika 	6.30pm Mel LES MILLS RPM	6.30pm Erika 			
7.10pm Mel LES MILLS BODYPUMP		7.00pm E-J 	6.35pm Nicole LES MILLS BODYBALANCE			