


| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|--|--|--|---|
| 6.10am LES MILLS RPM | 6.10am LES MILLS GRIT STRENGTH | 6.10am LES MILLS 45 BODYPUMP | 6.10am LES MILLS RPM | 6.10am LES MILLS 45 BODYPUMP | 8.10am Aqua Fit | 9.15am LES MILLS BODYPUMP |
| 6.10am LES MILLS 45 BODYCOMBAT | 6.40am LES MILLS CXWORX | | 6.10am LES MILLS GRIT CARDIO | | | |
| 9.15am LES MILLS RPM Spin Fit | 9.15am LES MILLS CXWORX | 9.15am LES MILLS BODYPUMP | 6.40am LES MILLS CXWORX | 9.15am LES MILLS BODYPUMP | 8.10am LES MILLS RPM | 9.15am Spin Fit |
| 9.15am LES MILLS GRIT STRENGTH | | 9.15am LES MILLS RPM | 9.15am HIIT 45mins | 9.15am LES MILLS RPM | 8.30am LES MILLS GRIT STRENGTH | |
| 9.45am LES MILLS CXWORX | 9.45am LES MILLS BODYBALANCE | 10.30am Fit 4 Life | 10.30am Pilates | | 9.00am LES MILLS CXWORX | 10.30am LES MILLS BODYBALANCE |
| 10.30am Fit 4 Life | | | | 10.30am Angela Strong 4 Life | 9.35am LES MILLS BODYCOMBAT | |
| 4.30pm LES MILLS BODYBALANCE | 4.30pm LES MILLS 45 BODYPUMP | 5.00pm LES MILLS GRIT | 4.30pm LES MILLS BODYPUMP | 5.30pm LES MILLS GRIT STRENGTH | 2.00pm HIIT | 4.30pm Pilates |
| 5.30pm LES MILLS CXWORX | 5.20pm LES MILLS 45 BODYCOMBAT | 5.30pm LES MILLS CXWORX | | 6.05pm LES MILLS CXWORX | Circuit 45min | |
| 6.05pm LES MILLS RPM | 6.05pm LES MILLS RPM | 6.05pm LES MILLS 45 BODYPUMP | 5.30pm LES MILLS BODYCOMBAT | GROUP FITNESS TIMETABLE From 2 January 2019 Download timetable: friendshealthandfitness.com.au  | | |
| 6.00pm LES MILLS GRIT CARDIO | 6.10pm Pilates | 6.00pm LES MILLS RPM | 6.30pm Aqua Fit | | | |
| 6.35pm LES MILLS BODYPUMP | | | | | | |
| | 6.30pm Aqua Fit | 7.00pm ZUMBA | 6.35pm LES MILLS BODYBALANCE | | | |