


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		4.30pm Pilates
5.30pm LES MILLS CXWORX	5.20pm LES MILLS 45 BODYCOMBAT	5.30pm LES MILLS CXWORX		6.05pm LES MILLS CXWORX		
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 18 March 2019 Download timetable: friendshealthandfitness.com.au 		
6.00pm LES MILLS GRIT CARDIO	6.10pm Pilates	6.05pm LES MILLS RPM	6.30pm Aqua Fit			
6.35pm LES MILLS BODYPUMP						
	6.30pm Aqua Fit	7.00pm ZUMBA	6.35pm LES MILLS BODYBALANCE			