


Fri 19	Sat 20	Sun 21	Mon 22	Tues 23	Wed 24	Thurs 25	Fri 26
GOOD FRIDAY CLOSED	8.10am Aqua Fit		PUBLIC HOLIDAY Open 9am – 6pm	6.10am LES MILLS GRIT STRENGTH	6.10am LES MILLS 45 BODYPUMP	PUBLIC HOLIDAY Open 9am – 6pm	6.10am LES MILLS BODYPUMP
	8.10am LES MILLS RPM	9.15am LES MILLS BODYPUMP	9.15am LES MILLS BODYCOMBAT	6.40am LES MILLS CXWORX	9.15am LES MILLS BODYPUMP	9.15am HIIT	9.15am LES MILLS RPM
	9.35am LES MILLS BODYCOMBAT	9.15am LES MILLS RPM	9.15am Spin Fit	9.15am LES MILLS BODYBALANCE	10.30am Fit 4 Life		10.30am Strong 4 Life
		4.30pm HIIT			4.30pm LES MILLS BODYPUMP	6.00pm Spin Fit	4.30pm Pilates
				6.00pm LES MILLS RPM			
Friday 19 – Friday 26 April Download timetable: friendshealthandfitness.com.au 