



## GROUP FITNESS 2024 TIMETABLE

| TIME   | MON                                      | TUES                       | WED                                      | THURS                                    | FRI                                | SAT                                      | SUN                    |
|--------|--|----------------------------|--|--|------------------------------------|--|------------------------|
| 5:00am |  | <b>LES MILLS 30 sprint</b> |  |  |                                    |  |                        |
| 5:30am | Strength Development <b>LES MILLS 45</b> | <b>POWER PILATES 45</b>    | <b>WORLD HIIT 45</b>                     | Strength Development <b>LES MILLS 45</b> | <b>LES MILLS 30 sprint</b>         |  |                        |
| 6:00am |  |                            |  |  |                                    | <b>LES MILLS 30 sprint</b>               |                        |
| 6:35am |  |                            |  |  |                                    | Strength Development <b>LES MILLS 45</b> |                        |
| 7:30am |  |                            |  |  |                                    | <b>WORLD HIIT 30</b>                     |                        |
| 8:05am |  |                            |  |  |                                    | <b>BOXING 45</b>                         |                        |
| 8:40am |  |                            |  |  | <b>LES MILLS 30 sprint</b>         |  | <b>PILATES 30</b>      |
| 9:15am | <b>WGX BOOTCAMP FITNESS 30</b>           | <b>WORLD HIIT 30</b>       | Strength Development <b>LES MILLS 45</b> | <b>WGX 30 BOOTY BANDS</b>                | <b>PILATES 30</b>                  |  | <b>WGX 60 YOGA YIN</b> |
| 9:50am | <b>WGX 30 CORE</b>                       | <b>BOXING 45</b>           |  | <b>PILATES 30</b>                        | <b>WGX ROLL+RELEASE STRETCH 30</b> |  |                        |
| 5.15pm |  |                            |  | <b>BOXING 45</b>                         |                                    |  |                        |
| 5:30pm | <b>LES MILLS 30 sprint</b>               | <b>WGX 30 BOOTY BANDS</b>  | <b>LES MILLS 30 sprint</b>               |  |                                    |  |                        |
| 6:05pm | <b>LES MILLS 30 BODYPUMP</b>             | <b>PILATES 45</b>          | Strength Development <b>LES MILLS 45</b> | <b>PILATES 45</b>                        |                                    |  |                        |

THIS TIMETABLE STARTS 08/01/24

| LOCATION   |
|--|
| <b>MAIN</b>  |
| <b>WGX CORE</b><br><b>LES MILLS BODYCOMBAT</b><br>Strength Development<br><b>LES MILLS BODYPUMP</b><br><b>WGX YOGA</b><br><b>PILATES</b><br><b>WGX BOOTY BANDS</b><br><b>WGX ROLL+RELEASE STRETCH</b><br><b>WGX BOOTCAMP FITNESS</b> |
| <b>FUNCTIONAL AREA</b>   |
| <b>WORLD HIIT</b><br><b>BOXING</b>   |
| <b>CYCLE</b>   |
| <b>LES MILLS sprint</b>  |



