

FNM GYM YOUR GROUP FITNESS TIMETABLE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.05am	LES MILLS BODYPUMP 30	LES MILLS BODYBALANCE 30	LES MILLS BODYPUMP 30	LES MILLS BODYCOMBAT 30	LES MILLS CXWORX 30		
5.45am	LES MILLS tone Tayla	LES MILLS BODYPUMP Luke	LES MILLS BODYSTEP Deb T	LES MILLS BODYBALANCE Kirsten	LES MILLS RPM Deb/Sonya		
6.10am						LES MILLS BODYPUMP 30	
6.55am	LES MILLS GRIT PLYO 30	LES MILLS BODYBALANCE 30	LES MILLS CXWORX 30	LES MILLS BODYPUMP 30	LES MILLS BODYBALANCE 30	LES MILLS CXWORX 30	
7.30am	LES MILLS CXWORX 30	LES MILLS GRIT CARDIO 30		LES MILLS CXWORX 30		LES MILLS BODYBALANCE 30	
8.00am						LES MILLS RPM Deb/Robyn	
8.15am	Silver Streaks Andrew	LES MILLS tone 30 Sharon		LES MILLS BODYPUMP 30 Sharon	LES MILLS tone 30 Tayla		
8.30am			LES MILLS SH'BAM Alicia			LES MILLS BODYATTACK Luke	LES MILLS BODYSTEP Deb
8.45am	LES MILLS RPM Sharon	LES MILLS BODYATTACK 30 Tayla					
9.00am				LES MILLS GRIT STRENGTH Sharon	LES MILLS SH'BAM 30 Kirsten		
9.30am	LES MILLS BODYPUMP Katie	LES MILLS BODYBALANCE Kirsten	LES MILLS BODYPUMP Deb/Lou	LES MILLS BODYATTACK 30 Tayla	LES MILLS BODYCOMBAT 30 Lou	LES MILLS BODYPUMP Lou/Kerry	LES MILLS BODYBALANCE Kirsten
9.30am		LES MILLS RPM Katie			LES MILLS RPM Deb		
10.05am				LES MILLS CXWORX 30	LES MILLS CXWORX 30		
10.35am	LES MILLS SH'BAM Kirsten	LES MILLS BODYPUMP 30 Kirsten	LES MILLS BODYCOMBAT 30 Karleen	PILATES Kirsten	LES MILLS BODYBALANCE Alicia	LES MILLS GRIT CARDIO 30	
11.20am	LES MILLS CXWORX 30		LES MILLS CXWORX 30			LES MILLS BODYBALANCE 30	
12.10pm	LES MILLS GRIT PLYO 30	LES MILLS CXWORX 30	LES MILLS BODYPUMP 30		LES MILLS BODYPUMP 30	LES MILLS SH'BAM 30	LES MILLS GRIT PLYO 30
1.15pm	LES MILLS BODYPUMP 30		LES MILLS BODYBALANCE 30	LES MILLS CXWORX 30	LES MILLS GRIT CARDIO 30	LES MILLS BODYPUMP 30	LES MILLS CXWORX 30
2.20pm	LES MILLS BODYBALANCE 30		LES MILLS CXWORX 30	LES MILLS GRIT PLYO 30	LES MILLS CXWORX 30		
3.20pm							LES MILLS CXWORX 30
3.45pm	LES MILLS CXWORX 30	LES MILLS CXWORX 30	LES MILLS SH'BAM 30	LES MILLS CXWORX 30	LES MILLS BODYPUMP 30		
4.00pm							LES MILLS GRIT STRENGTH Luke
4.30pm	LES MILLS tone 30 Sharon	LES MILLS BODYPUMP 30 Karleen	LES MILLS tone 30 Tayla	LES MILLS BODYPUMP Katie	LES MILLS CXWORX 30		
4.45pm							LES MILLS RPM Luke
5.00pm	LES MILLS GRIT STRENGTH Tayla		LES MILLS BODYATTACK 30 Tayla		LES MILLS GRIT STRENGTH 30		
5.00pm			LES MILLS RPM 30 Sharon				
5.30pm	LES MILLS BODYSTEP Deb	LES MILLS BODYCOMBAT Robyn	LES MILLS BODYPUMP Katie	LES MILLS BODYATTACK 30 Luke	LES MILLS BODYBALANCE 30		
5.45pm	LES MILLS RPM Robyn	LES MILLS RPM Luke		LES MILLS RPM Katie			
6.30pm	LES MILLS BODYPUMP Kerry	PILATES Kirsten	LES MILLS BODYBALANCE Cedric	LES MILLS CXWORX 30			
7.00pm				LES MILLS SH'BAM 30			
7.45pm	LES MILLS CXWORX 30	LES MILLS BODYBALANCE 30	LES MILLS CXWORX 30				