

FNM GYM Group Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.05am	CORE VIRTUAL ⌚ 30	BODYBALANCE VIRTUAL ⌚ 30	CORE VIRTUAL ⌚ 30	BODYCOMBAT VIRTUAL ⌚ 30	BODYPUMP VIRTUAL ⌚ 30		
5.45am	RPM ⌚ 45	BODYPUMP VIRTUAL ⌚ 60	BODYATTACK VIRTUAL ⌚ 45	BODYBALANCE VIRTUAL ⌚ 60	RPM ⌚ 45		
8.15am	TONE ⌚ 45	SHAPES ⌚ 30		BODYPUMP ⌚ 45	TONE ⌚ 45		
8.45am		BODYATTACK ⌚ 45				BODYATTACK ⌚ 45	
9.00am	SPRINT ⌚ 30				RPM ⌚ 45		
9.30am	BODYPUMP ⌚ 60	RPM ⌚ 45					
10.00am					BODYBALANCE ⌚ 60		
10.30am	PILATES ⌚ 45						
1.00pm	BODYBALANCE VIRTUAL ⌚ 60				BODYBALANCE VIRTUAL ⌚ 60		
4.45pm		CORE VIRTUAL ⌚ 30					RPM ⌚ 45
4.55pm			SPRINT ⌚ 30	BODYATTACK VIRTUAL ⌚ 30			
5.15pm		RPM ⌚ 45					
5.30pm	BODYSTEP ⌚ 45		BODYPUMP ⌚ 60	RPM ⌚ 45			
6.30pm			BODYBALANCE ⌚ 60	CORE ⌚ 30			

**LES MILLS ON DEMAND AVAILABLE OUTSIDE OF ALL SCHEDULED
LIVE CLASS TIMES**

Operating instructions are located next to the ipad in Group Fitness Studio