

FNM GYM Group Fitness Timetable

Effective 29 June 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.05am	CORE VIRTUAL ⌚ 30	BODYBALANCE VIRTUAL ⌚ 60	CORE VIRTUAL ⌚ 30	BODYCOMBAT VIRTUAL ⌚ 30	BODYPUMP VIRTUAL ⌚ 30		
5.45am	RPM VIRTUAL ⌚ 45	BODYPUMP VIRTUAL ⌚ 60	BODYATTACK VIRTUAL ⌚ 45	BODYBALANCE VIRTUAL ⌚ 60	RPM VIRTUAL ⌚ 45		
8.15am	FNMFUSION ⌚ 45	FNMCORE+ ⌚ 45		BODYPUMP VIRTUAL ⌚ 45	FNMFUSION ⌚ 60		
8.45am						BODYATTACK VIRTUAL ⌚ 45	
9.00am	RPM VIRTUAL ⌚ 30	BODYATTACK VIRTUAL ⌚ 30					
9.15am					RPM VIRTUAL ⌚ 45		
9.30am	BODYPUMP VIRTUAL ⌚ 60	RPM VIRTUAL ⌚ 45					
10.00am					BODYBALANCE VIRTUAL ⌚ 60		
10.30am	BODYBALANCE VIRTUAL ⌚ 60						
1.00pm	BODYBALANCE VIRTUAL ⌚ 60				BODYBALANCE VIRTUAL ⌚ 60		
4.45pm		CORE VIRTUAL ⌚ 30					RPM VIRTUAL ⌚ 45
4.55pm			SPRINT VIRTUAL ⌚ 30	BODYATTACK VIRTUAL ⌚ 30			
5.15pm		RPM VIRTUAL ⌚ 45					
5.30pm	FNMFUSION ⌚ 45		BODYPUMP VIRTUAL ⌚ 60	RPM VIRTUAL ⌚ 45			
6.30pm			FNMCORE+ ⌚ 60	CORE VIRTUAL ⌚ 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