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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

| | | | | | | | |
|---------|--|--|--|--|---|--|--|
| 5.45AM |   45 |   30 |   45 |   30 |   45 |   45 |  <p>NEW BOXFIT CLASSES with Jessica & Mitch GLOVES SUPPLIED</p> |
| 7.00AM |   30 |  BOXFIT 45 |   30 |  BOXFIT 45 |   30 | | |
| 7.45AM |   30 |   30 |   30 |   40 |   30 |   30 | |
| 8.30AM |   30 |   30 |   30 |   30 |   30 |  BOXFIT 45 | |
| 9.00AM |   30 | |   30 | |   30 |   30 | |
| 9.15AM |   45 |   60 |   45 |   60 |   60 |   60 |   60 |
| 10.15AM |   60 |   60 |   60 |   60 |   60 |   60 | |
| 11.45AM |   30 |   30 |   30 |   30 |   30 | |  <p>YOGA FIT WEDNESDAY 6.30PM WITH LIZ</p> |
| 3.45PM |   30 |   30 |   30 |   30 |   30 | | |
| 4.25PM |   30 |   55 |   55 |   30 |   45 | | |
| 5.30PM |   60 |   60 |   60 |   60 |   45 | | |
| 6.30PM |   60 |   60 |   60 |   30 | | | |

- All RPM Classes are first in best dressed. No need to book.
- Please arrive early for classes to avoid disrupting a class in progress (Bodypump and Grit 10min early for set up).
- Classes cater for all levels of fitness, beginners to advanced.
- Les Mills Virtual workouts are audio-visual versions of the live Les Mills group fitness classes, played on a big screen through a pumping sound system with a range of strength training, flexibility and cardio workouts.

 "Live" with Instructor

 Virtual Class

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