Virtual Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
.45am	OGRIT STRENGTH 30		D LESMILLS BODYPUMP 45	O GRIT 30	O BODYCOMBAT 45		
.45am	O BODYATTACK 45		O BODYBALANCE 45	D LESMILLS BODYATTACK 45	O CORE 9		
.15am		O GRIT ATHLETIC 30				OGRIT STRENGTH 30	
.45am	O CORE		OGRIT STRENGTH 30	D LESMILLS BODYBALANCE 45	O DANCE 45		
.45am				O DANCE 3			
.15pm					O CORE		O DANCE
15pm			O DANCE 45		O DANCE 45	O DANCE 45	○ BODYPUMP
00pm			O BODYCOMBAT 45			D LESMILLS BODYATTACK 45	
30pm	O BODYPUMP						
00pm	DANCE 4	O BODYCOMBAT 45	D Lesmills BODYATTACK 45	D LESMILLS 45	D LESMILLS BODYCOMBAT 45	O BODYPUMP	○ Lesmills BODYATTACK
00pm	D LESMILLS BODYPUMP	O DANCE 49			D LESMILLS BODYATTACK 45	_	O Lesmills BODYBALANCE
00pm			DANCE 45		_	O BODYCOMBAT (30)	© GRIT
30pm			_	D LESMILLS BODYATTACK 45	D LESMILLS BODYPUMP 45		○ GRIT STRENGT
00pm					O BODITOMI O	O LESMILLS BODYBALANCE	0 CÖRE
30pm						D LESMILLS BODYBALANCE (30)	
45pm							O DANCE
05pm						OCORE 3)	
30pm							O BODYCOMBAT
45pm				⊙ GRIT •			
00pm		OCORE 3		CARDIO			
45pm	D LESMILLS BODYBALANCE		⊙core	O DANCE 45			

The timetable is accurate at the time of the printing but may change. Check the website for the live and most up-to-date timetable.