Virtual Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Tuesday				Saturday	Sulluay
5.45am	OGRIT STRENGTH 30		BODYPUMP 45	⊙ GRIT 39	O BODYCOMBAT 45		
6.45am	O BODYATTACK 45		O BODYBALANCE 45	O BODYATTACK 45	OCORE 9		
7.15am		O GRIT ATHLETIC 39				OGRIT STRENGTH 30	
7.45am	OCORE#		OGRIT STRENGTH 30	O BODYBALANCE 45	O DANCE 49		
11.45am				O DANCE 49			
12.15pm					O CORE		O DANCE
1.15pm			O DANCE (3)		O DANCE (5)	DANCE 45	BODYPUMP
2.00pm			O BODYCOMBAT 45			O BODYATTACK 45	
2.30pm	O BODYPUMP 39						
3.00pm	O DANCE 3	O BODYCOMBAT	O BODYATTACK 45	D BODYPUMP 45	O BODYCOMBAT 45	O BODYPUMP 45	O BODYATTACK
4.00pm	O BODYPUMP	O DANCE 49		O CORE	O BODYATTACK 45	O BODYATTACK 30	D LESMILLS BODYBALANCE
5.00pm			O DANCE 45			O BODYCOMBAT 30	⊙ GRIT CARDIO
5.30pm					O BODYPUMP 45		OGRIT STRENGTH
6.00pm						O BODYBALANCE (30)	O CORE
6.30pm						O BODYBALANCE (30)	
6.45pm							O DANCE
7.05pm						OCORE 3	
7.30pm							O BODYCOMBAT
7.45pm				O GRIT 39			
8.00pm		OCORE :					
8:45pm	D BODYBALANCE 45	O BODYPUMP 45	O CORE®	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.