Virtual Group Fitness Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			D LESMILLS BODYPUMP 45	O GRIT (37)	O BODYCOMBAT		
6.45am	O BODYATTACK 45		O BODYBALANCE 45	LESMILLS BODYATTACK 45	O CÖRE 🕏		
7.15am		O GRIT ATHLETIC 39				O GRIT STRENGTH 30	
7.45am	© CÖRE €		OGRIT STRENGTH 30	D LESMILLS BODYBALANCE 45	O DANCE 49		
12.15pm							O DANCE
12.30pm				O DANCE 49			
1.15pm			DANCE 45		O DANCE 45	DANCE 45	O BODYPUMP 45
2.00pm			O BODYCOMBAT 45			D LESMILLS BODYATTACK 45	
3.00pm	O DANCE 45	O BODYCOMBAT 45	O BODYATTACK 45	O BODYPUMP 45	O BODYCOMBAT 45	O BODYPUMP 45	O BODYATTACK
4.00pm	O BODYCOMBAT 45	DANCE (5)		OCORE 6	O BODYATTACK 45	O BODYATTACK 30	O BODYBALANCE 45
5.00pm			DANCE 45			O BODYCOMBAT (30)	O GRIT CARDIO
5.30pm					O BODYPUMP		O GRIT STRENGTH 30
6.00pm						D LESMILLS BODYBALANCE (30)	O CORE
6.30pm						O BODYBALANCE	
6.45pm							DANCE 45
7.05pm						O CÖRE 3	
7.45pm	O DANCE 49						
8:45pm	D LESMILLS RODYRALANCE 45	PODYPIIMD 45	⊙core	DANCE 45)			

Indicates 30min class Indicates 45min class Indicates Tutorial class Indicates Beginner class

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.