

*Derrivant 24:7 Gym*

CAROLINE SPRINGS

# GROUP FITNESS TIMETABLE

## MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	GRIT STRENGTH	GRIT STRENGTH	GRIT CARDIO	LES MILLS BODYATTACK	GRIT CARDIO		
5:45 AM							
6:00 AM	LES MILLS BODYATTACK	GRIT CARDIO	LES MILLS BODYPUMP		LES MILLS BODYPUMP		
6:15 AM				GRIT STRENGTH			
7:30 AM						LES MILLS BODYPUMP	
8:00 AM							
8:30 AM						LES MILLS BODYCOMBAT	
9:00 AM							GRIT STRENGTH
9:30 AM	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		
10:00 AM							
10:30 AM	LES MILLS BODYPUMP					GRIT STRENGTH	LES MILLS BODYPUMP
11:00 AM							
11:30 AM							
5:00 PM							
5:30 PM	GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	GRIT STRENGTH		
6:30 PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP			
7:30 PM		LES MILLS BODYATTACK	LES MILLS BODYCOMBAT				
8:30 PM							

## CROSSFIT AREA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						FREESTYLE HIIT	
8:30 AM							

## SPIN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
9:30 AM						LES MILLS RPM	LES MILLS RPM
10:30 AM			LES MILLS RPM				
6:00 PM					LES MILLS RPM		
6:30 PM	LES MILLS RPM	LES MILLS RPM					
7:30 PM			LES MILLS RPM				

\*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.