


Derriant 24:7 Gym

GEELONG

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM					LES MILLS BODYSTEP		
8:00 AM							
9:00 AM						LES MILLS BODYPUMP	
9:30 AM							
10:00 AM							
5:00 PM		LES MILLS BODYPUMP					
5:30 PM			LES MILLS BODYSTEP	LES MILLS BODYPUMP			
5:45 PM							
6:00 PM		metafit.					
6:30 PM	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
7:00 PM							
7:30 PM							
8:00 PM							

*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.

SCAN CODE TO VIEW
 CLASS DESCRIPTIONS ▶

