


Derriment 24:7 Gym

NOARLUNGA

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CARDIO TABATA DONNA				HIIT DONNA		
7:15 AM						LES MILLS BODYCOMBAT JASMIN	
8:15 AM						LES MILLS EXPRESS BODYBALANCE JASMIN	
8:30 AM							LES MILLS BODYPUMP LISA
9:30 AM			LES MILLS BODYCOMBAT JASMIN		LES MILLS BODYPUMP DONNA 9:15 AM		ROCK HARD CORE SASHA
10:00 AM	CLUB FIESTA CHRIS	PUMP IT CHRIS		LES MILLS BODYBALANCE LISSY		LES MILLS BODYPUMP CARMA 10:15 AM	
10:30 AM			LES MILLS BODYBALANCE JASMIN		LES MILLS BODYCOMBAT DONNA 10:15 AM		
10:45 AM	STEP CHRIS	LES MILLS BODYBALANCE LISSY		 ZUMBA LISSY		STRETCH CARMA 11:15 AM	
4:30 PM			CLUB FIESTA CHRIS				
5:30 PM	LES MILLS BODYPUMP ESTHER	STEP ESTHER	LES MILLS BODYPUMP DONNA		LES MILLS BODYPUMP LISA		
5:45 PM							
6:30 PM	LES MILLS BODYCOMBAT JASMIN			LES MILLS BODYCOMBAT KATE			
7:30 PM	LES MILLS BODYBALANCE JASMIN						

RPM & SPIN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			SPIN LISA				
9:00 AM	LES MILLS RPM JEAN	SPIN JEAN		SPIN JEAN			
9:15 AM						LES MILLS RPM CARMA	
5:30 PM				LES MILLS RPM SASHA			
6:30 PM		LES MILLS RPM SASHA	SPIN DONNA				
7:30 PM							