

Derrimut 24:7 Gym

PORT ADELAIDE

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				LES MILLS BODYPUMP 45 MINS - SARAH	LES MILLS BODYPUMP 45 MINS - SARAH		
7:15 AM							
7:30 AM							
8:00 AM							
8:30 AM						LES MILLS BODYATTACK 45 MINS - SARAH	
9:00 AM							
9:30 AM	LES MILLS BODYPUMP 45 MINS - JANICE	SCULPT 30 MINS - JANICE	STEP 45 MINS - JANICE	TTB TUMMY THIGHS & BOOTY 30 MINS - JANICE	ULTIMATE RIDE 45 MINS - JANICE	LES MILLS BODYPUMP 45 MINS - SARAH	
9:45 AM							
10:00 AM		LES MILLS CORE 30 MINS - JANICE		CARDIO JANICE			
10:15 AM	ULTIMATE RIDE 45 MINS - JANICE			STRENGTH 45 MINS - JANICE	LES MILLS BODYPUMP 30 MINS - JANICE		
10:30 AM		STRETCH 30 MINS - JANICE					
10:45 AM					STRETCH 30 MINS - JANICE		
4:00 PM							
5:15 PM							
5:30 PM							
5:45 PM	LES MILLS BODYATTACK 45 MINS - SARAH	LES MILLS BODYPUMP 45 MIN - LEANNE		STEP 45 MINS - JANICE			
6:00 PM							
6:30 PM	LES MILLS BODYPUMP 45 MINS - SARAH			LES MILLS BODYPUMP 1 HR - LEANNE			
6:45 PM							
7:00 PM			ZUMBA 45 MINS - ANASTASIA				
7:15 PM							
7:30 PM							
8:00 PM							
8:15 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 ▶

