

*Derrionut 24:7 Gym*

SEAFORD MEADOWS

# GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>LES MILLS BODYCOMBAT</b> DONNA					
6:15 AM	<b>STRENGTH</b> LOWER BODY - LEE		<b>STRENGTH</b> UPPER BODY - LEE		<b>STRENGTH</b> FULL BODY - LEE		
7:15 AM					YOGA SOENIAD		
8:00 AM						<b>SPIN</b> DONNA	
9:00 AM						<b>LES MILLS BODYPUMP</b> DONNA	YOGA SOENIAD
9:15 AM							
10:15 AM							
11:00 AM							
11:30 AM							
5:15 PM							
5:30 PM	<b>LES MILLS BODYPUMP</b> DONNA	<b>HIIT</b> DONNA		<b>LES MILLS BODYSTEP</b> ESTHER			
6:00 PM							
6:15 PM							
6:30 PM	<b>TONE &amp; ABS</b> DONNA	<b>LES MILLS BODYCOMBAT</b> DONNA		<b>LES MILLS BODYPUMP</b> ESTHER			
7:00 PM							
7:30 PM		YOGA SOENIAD					

\*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 ▶

