Derrimut 24:7 Gym

GEPPS CROSS

GROUP FITNESS TIMETABLE

MAIN ROOM							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	HIIT 45 MINS – JOE	HIIT 45 MINS – JOE					
6:00 AM			PUMP 45 MINS – JOE		HIIT WEIGHTS BASED 45 MIN – JOE		
6:15 AM	HIIT 45 MINS – JOE	HIIT 45 MINS – JOE					
6:30 AM							
8:00 AM							
9:00 AM						LESMILLS BODYATTACK 30 MINS – SARAH	LESMILLS BODYSTEP 45 MINS – SANDRA
9:15 AM							
9:30 AM			LESMILLS BODYSTEP 45 MINS – SANDRA			LESMILLS BODYPUMP 45 MINS – SARAH	
10:00 AM							PUMP IT! 45 MINS – EMMA
10:15 AM							
10:30 AM			LESMILLS BODYBALANCE 45 MINS – SANDRA			CORE 30 MINS – SANDRA/ELVIA	
11:00 AM						LESMILLS BODYBALANCE 45 MINS – SANDRA/ELVIA	
11:30 AM							
12:00PM						ZUMBA 45 MINS – BELLBRENDA	
5:00 PM	HIIT 45 MINS – JOE	HIIT EXPRESS 30 MINS – KYLIE		TTB TUMMY THIGHS & BOOTY 30 MINS – JOE			
5:30 PM		PILATES EXPRESS 30 MINS – KYLIE		BOXFIT 45 MINS – JOE			YOGA 45 MINS – VICKY
5:45 PM							
6:00 PM	LESMILLS BODYPUMP 45 MINS – JOE		HIIT 45 MINS – KYLIE		ZUMBA 45 MINS – BELLBRENDA		
6:15 PM		CORE 45 MINS – ELVIA		HIIT 45 MINS – JOE			
6:30 PM							
6:45 PM							
7:00 PM	ZUMBA 45 MINS – BELLBRENDA	LESMILLS BODYBALANCE 45 MINS – ELVIA					
7:30 PM							
7:45 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 ▶