



Group Exercise Timetable - Plus Fitness Glenmore Park



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio One						
6:00-7:00	LES MILLS BODYSTEP 60 mins	STRENGTH 60 mins	LES MILLS RPM 45 mins	LES MILLS BODYPUMP 60 mins	LES MILLS RPM 45 mins	
7:00-7:30		LES MILLS RPM 45 mins				
7:30-8:00						
8:30-9:00	LES MILLS BODYPUMP 30mins					LES MILLS BODYSTEP 45 mins
9:00-9:30	SPIN 30mins					
9:30-10:30		LES MILLS BODYPUMP 60 mins	YOGA 60mins	LES MILLS BODYPUMP 60 mins	LES MILLS BODYBALANCE 60 mins	
10:30-11:30	LES MILLS BODYBALANCE 60 mins	GET ACTIVE 60mins		GET ACTIVE 60mins	LES MILLS BODYPUMP 60mins	YOGA 10.00am- 11.00am
5:30-6:00	LES MILLS BODYBALANCE 60 mins		LES MILLS BODYPUMP 60 mins			
6:00-6:30		LES MILLS RPM 45 mins		CIRCUIT 60mins	LES MILLS BODYBALANCE 60 mins	
6:30-7:00	YOGA 60mins					
7:00-7:30						
7:30-8:30	CIRCUIT 60mins	YOGA 60mins	LES MILLS RPM 45 mins	LES MILLS BODYPUMP 60mins		
Functional Zone						
5:30-6:00		CIRCUIT 30mins	STRENGTH 30mins			
6:00-6:30		BOXING 30mins	CIRCUIT 30mins			
7:00-7:30					CIRCUIT 30mins	
7:30-8:00	BOXING 30mins				BOXING 30mins	
9:00-9:30			BOXING 30mins	MUM FIT 30mins	CIRCUIT 30mins	
9:30-10:00			MUM FIT 30mins	CIRCUIT 30mins	STRENGTH 30mins	BOXING 30mins
10:00-10:30		MUM FIT 30mins				
10:30-11:00						
11:00-11:30		CIRCUIT 30mins				
4:30-5:00	H.I.I.T 30mins		H.I.I.T 30mins			
5:00-5:30	STRENGTH 30mins (Womens)		STRENGTH 30mins	CIRCUIT 30mins		
5:30-6:00	STRENGTH 30mins		BOXING 30mins			
6:30-7:30		CIRCUIT 60mins				