

D2F CLASS HOLIDAY TIMETABLE SUMMER 2019/20

HOLIDAY WEEK 1



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	16/12/19		17/12/19		18/12/19		19/12/19		20/12/19		
6:00	LESMILLS RPM	6:00	H.I.I.T. 045 HIGH INTENSITY INTERVAL TRAINING	6:00	LESMILLS RPM	6:00	H.I.I.T. 045 HIGH INTENSITY INTERVAL TRAINING	6:00	LESMILLS RPM		
6:15	LESMILLS CORE	6:00	LESMILLS BODYPUMP	6:15	LESMILLS CORE	6:00	LESMILLS BODYPUMP	6:15	metafit HIIT TRAINING		21/12/19
		9:15	SPIN CYCLE 50 MINS	9:30	LESMILLS BODYPUMP	9:15	SPIN CYCLE 50 MINS	9:30	LESMILLS BODYPUMP	SATURDAY	
9:30	CARDIO BOXING	10:00	LESMILLS BODYBALANCE	10:30	YOGA	10:00	LESMILLS BODYBALANCE			8:00	LESMILLS BODYATTACK
10:00	LESMILLS BODYPUMP									9:00	LESMILLS BODYPUMP
										9:00	LESMILLS RPM
									Express Friday		
						4:30	LESMILLS BODYPUMP			SUNDAY	
5:00	LESMILLS RPM	5:00	30 CORE	5:00				5:00	metafit HIIT TRAINING	10:00	LESMILLS BODYBALANCE
5:30	LESMILLS BODYATTACK	5:30	SPIN CYCLE 50 MINS	5:30	LESMILLS BODYCOMBAT	5:30	the BIG BOOT CAMP				22/12/19
6:00	LESMILLS RPM	5:30	LESMILLS BODYPUMP	6:00	LESMILLS RPM	5:30	LESMILLS RPM	5:45	LESMILLS RPM		
6:00	LESMILLS BODYPUMP	6:00	metafit HIIT TRAINING								
		6:30	YOGA	6:30	LESMILLS BODYBALANCE	6:30	YOGA				

D2F CLASS HOLIDAY TIMETABLE SUMMER 2019/20

HOLIDAY WEEK 2



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	23/12/19		24/12/19		25/12/19		26/12/19		27/12/19		
6:00	LES MILLS RPM	30' 6:00	H.I.I.T 45 HIGH INTENSITY INTERVAL TRAINING		CLOSED CHRISTMAS DAY		CLOSED BOXING DAY				
									Open 7:00am		28/12/19
		9:15	SPIN CYCLE 50 MINS					9:30	LES MILLS BODYPUMP	SATURDAY	
		10:00	LES MILLS BODYBALANCE								Open 7:00am
10:00	LES MILLS BODYPUMP									9:00	LES MILLS BODYPUMP
			GYM CLOSING MID DAY							9:00	LES MILLS RPM
											Close 4:00pm
										SUNDAY	
											29/12/19
5:30	LES MILLS BODYATTACK	30'									Open 7:00am
6:00	LES MILLS RPM	30'							Close 6:00pm	10:00	LES MILLS BODYBALANCE
6:00	LES MILLS BODYPUMP										
											Close 4:00pm

D2F CLASS HOLIDAY TIMETABLE SUMMER 2019/20

HOLIDAY WEEK 3



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	30/12/19		31/12/19		1/1/20		2/1/20		3/1/20		
					CLOSED NEW YEARS DAY						
	Open 7:00am		Open 7:00am				Open 7:00am				4/4/20
		9:15	SPIN CYCLE 50 MINS					9:30	LES MILLS BODYPUMP	SATURDAY	
		10:00	LES MILLS BODYBALANCE				OPEN NO CLASSES				Open 7:00am
10:00	LES MILLS BODYPUMP									9:00	LES MILLS BODYPUMP
			GYM CLOSING MID DAY							9:00	LES MILLS RPM
											Close 4:00pm
									Express Friday		
										SUNDAY	
								5:00	metafit HIIT TRAINING		Open 7:00am
											5/1/20
6:00	LES MILLS RPM									10:00	LES MILLS BODYBALANCE
6:00	LES MILLS BODYPUMP						Close 4:00pm		Close 6:00pm		Close 4:00pm
	Close 7:00pm										

D2F CLASS HOLIDAY TIMETABLE SUMMER 2019/20

HOLIDAY WEEK 4



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	6/1/20		7/1/20		8/1/20		9/1/20		10/1/20		
6:00	LES MILLS RPM					6:00	HIIT D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM		
		6:00	LES MILLS BODYPUMP	6:15	metafit HIIT TRAINING						11/1/20
		9:15	SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP	9:15	SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP	SATURDAY	
9:30	metafit HIIT TRAINING	10:00	LES MILLS BODYBALANCE	10:30	YOGA	10:00	LES MILLS BODYBALANCE				
10:00	LES MILLS BODYPUMP									9:00	LES MILLS BODYPUMP
										3:30	YOGA VINYASA
									Express Friday		
						4:30	LES MILLS BODYPUMP			SUNDAY	
				5:00	LES MILLS CORE			5:00	metafit HIIT TRAINING	10:00	LES MILLS BODYBALANCE
		5:30	SPIN CYCLE 50 MINS	5:30							12/1/20
6:00	LES MILLS RPM	5:30	LES MILLS BODYPUMP	6:00	LES MILLS RPM	5:30	LES MILLS RPM	5:45	LES MILLS RPM		
6:00	LES MILLS BODYPUMP	6:00	metafit HIIT TRAINING								
				6:30	LES MILLS BODYBALANCE						