

D2F CLASS TIMETABLE SUMMERN 2019

TO BE REVIEWED MARCH 2019



**CHECK OUT NEW STYLE
H.I.I.T. CLASS ON TUESDAY
6PM AND FRIDAY 5PM !**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
6:00	LES MILLS RPM	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	8:30	SPIN CYCLE 50 MINS
		6:00	LES MILLS BODYPUMP	6:15	LES MILLS CXWORX 30'	6:00	LES MILLS BODYPUMP	6:00	LES MILLS BODYBALANCE	9:00	LES MILLS BODYPUMP
8:30	50+ Flex & Move!	9:15	SPIN CYCLE 50 MINS	9:30	CARDIO BOXING 30'	9:15	SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP		
9:30	LES MILLS BODYATTACK 30'	10:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYPUMP	10:00	LES MILLS BODYBALANCE	10:30		3:30	YOGA VINYASA
10:00	LES MILLS BODYPUMP	11:00	LES MILLS BODYSTRETCH 45'			11:00	LES MILLS BODYSTRETCH 45'	11:00			
		11:45	REVITALIZE	11:30	YOGA	11:45	REVITALIZE				
12:30	Tai Chi					12:30	Tai Chi	12:00	AQUA		20/1/2019
	LES MILLS CXWORX 30'	4:30	LES MILLS BODYATTACK 30'	5:00		4:30	LES MILLS BODYPUMP	5:00	H.I.I.T. D30 HIGH INTENSITY INTERVAL TRAINING		SUNDAY
5:00	LES MILLS RPM	5:00	30 CORE 30'	5:30	LES MILLS BODYCOMBAT	5:30	the BIG BOOT CAMP	5:30	LES MILLS BODYCOMBAT		
5:30	LES MILLS BODYATTACK	5:30	SPIN CYCLE 50 MINS	6:00	LES MILLS RPM	5:30	LES MILLS RPM	5:45	SPIN CYCLE EXPRESS 30'		
6:00	LES MILLS RPM	5:30	LES MILLS BODYPUMP			6:00		6:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYBALANCE
6:30	LES MILLS BODYPUMP	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:30	LES MILLS BODYBALANCE	6:30	YOGA				
7:30	KICK BOXING	6:30				7:30	KICK BOXING				