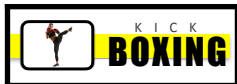


TO BE REVIEWED June 2018

D2F GYM TIMETABLE AUTUMN 2018



NEW KICK BOXING INSTRUCTOR



NEW

D2F UPDATED AUTUMN timetable:

CARDIO

BOXING

WEDNESDAY 9:30 AM 30 mins

**FRIDAY AFTERNOON
SPIN NOW AT 5:45 PM**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|----------------------|--|----------------------------|--|----------------------------|-----------------------------------|
| 6:00 | LES MILLS RPM | 6:00 H.I.I.T. 045 HIGH INTENSITY INTERVAL TRAINING | 6:00 LES MILLS RPM | 6:00 H.I.I.T. 045 HIGH INTENSITY INTERVAL TRAINING | 6:00 LES MILLS RPM | 9:00 LES MILLS BODYPUMP |
| | | 6:00 LES MILLS BODYPUMP | 6:15 LES MILLS EX WORKOUT | 6:00 LES MILLS BODYPUMP | 6:00 LES MILLS BODYBALANCE | 9:30 SPIN CYCLE 50 MINS |
| 8:30 | 50+ Flex & Move | 9:15 SPIN CYCLE 50 MINS | 9:30 CARDIO BOXING | 9:15 SPIN CYCLE 50 MINS | 9:30 LES MILLS BODYPUMP | 3:30 YOGA VINYASA |
| 9:30 | LES MILLS BODYATTACK | 10:00 LES MILLS BODYBALANCE | 10:00 LES MILLS BODYPUMP | 10:00 LES MILLS BODYBALANCE | 10:30 LES MILLS EX WORKOUT | |
| 10:00 | LES MILLS BODYPUMP | 11:00 LES MILLS BODYSTEP | 11:00 LES MILLS BODYSTEP | 11:00 LES MILLS BODYSTEP | 11:00 YOGA | |
| | | 11:30 REVITALIZE | 11:30 YOGA | 11:30 REVITALIZE | | |
| 12:30 | Tai Chi | | | 12:30 Tai Chi | 12:00 AQUA | |
| 5:00 | LES MILLS EX WORKOUT | 4:30 LES MILLS BODYATTACK | 5:00 LES MILLS EX WORKOUT | 4:30 LES MILLS BODYPUMP | 5:00 PRIMAL MOVEMENT | SUNDAY |
| 5:00 | LES MILLS RPM | 5:00 30 CORE | 5:30 LES MILLS BODYCOMBAT | 5:30 the BIG BOOT CAMP | 5:30 LES MILLS BODYCOMBAT | HIIT Taking a Winter Break |
| 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 | 9:00 Attack Taking a Winter Break |
| 6:00 | LES MILLS RPM | 5:30 LES MILLS BODYPUMP | | | 6:00 LES MILLS BODYBALANCE | 10:00 LES MILLS BODYBALANCE |
| 6:30 | LES MILLS BODYPUMP | 6:00 H.I.I.T. 030 HIGH INTENSITY INTERVAL TRAINING | 6:30 LES MILLS BODYBALANCE | 6:30 YOGA | | |
| 7:30 | KICK BOXING | 6:30 PRIMAL MOVEMENT | | 7:30 KICK BOXING | | |