

D2F GYM TIMETABLE CHRISTMAS NEW YEAR HOLIDAY SEASON 2017/18



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	8/1/2018		9/1/2018		10/1/2018		11/1/2018		12/1/2018		13/1/2018
	OPEN 5:30am		OPEN 5:30am		OPEN 5:30am		OPEN 5:30am		OPEN 5:30am		OPEN 7:00am
6:00	LESMILLS RPM	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LESMILLS RPM	6:00		6:00	LESMILLS RPM	9:00	LESMILLS BODYPUMP
		6:00		6:15		6:00	LESMILLS BODYPUMP	6:00		9:30	SPIN CYCLE 50 MINS
8:30		9:15	SPIN CYCLE 50 MINS	9:30	TNT Tummy, Hips, Thighs	9:15	SPIN CYCLE 50 MINS	9:30	LESMILLS BODYPUMP		Close 4:00
9:30	LESMILLS BODYATTACK	10:00	LESMILLS BODYBALANCE	10:00	LESMILLS BODYPUMP	10:00	LESMILLS BODYBALANCE				SUNDAY
	ONE HOUR ATTACK	11:00				11:30		10:30			14/1/2018
		11:30				11:30		11:00			OPEN 7:00am
12:30				11:30		12:30				8:00	H.I.I.T. D60 HIGH INTENSITY INTERVAL TRAINING
									NEW TIME	9:00	LESMILLS BODYATTACK
5:00		4:30	LESMILLS BODYATTACK	5:00		4:30	LESMILLS BODYPUMP	4:30	SPIN CYCLE EXPRESS 30	10:00	LESMILLS BODYBALANCE
5:00	LESMILLS RPM	5:00		5:30	LESMILLS BODYCOMBAT			5:00	THE ZUU		Close 4:00
5:30	LESMILLS BODYATTACK	5:30	SPIN CYCLE 50 MINS	6:00	LESMILLS RPM	5:30	the BIG BOOT CAMP	5:00			
6:00		5:30	LESMILLS BODYPUMP			5:30	LESMILLS RPM	5:30	LESMILLS BODYCOMBAT		
6:30		6:00		6:30	LESMILLS BODYBALANCE	6:30		6:00	LESMILLS BODYBALANCE		
7:30		6:30	THE ZUU			7:30					
	Close 9:00		Close 9:00		Close 9:00		Close 8:30		Close 8:00		

= OUTSIDE AREA