

Christmas - NewYear 2018/19

HOLIDAY TIMETABLE Week 4



7th January - 14th January

	7/01/2019		8/01/2019		9/01/2019		10/01/2019		11/01/2019		12/01/2019
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
6:00	LES MILLS RPM	6:00		6:00	LES MILLS RPM	6:00	H.I.I.T 045 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	8:30	
		6:00	LES MILLS BODYPUMP	6:15		6:00		6:00		9:00	LES MILLS BODYPUMP
8:30		9:15	SPIN CYCLE 50 MINS	9:30		9:15		9:30	LES MILLS BODYPUMP		
9:30	LES MILLS BODYATTACK	10:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYPUMP	10:00	LES MILLS BODYBALANCE	10:30		3:30	
10:00	LES MILLS BODYPUMP	11:00				11:00		11:00			
		11:45		11:30		11:45					
12:30						12:30		12:00			13/01/2019
5:00	LES MILLS CXWORX	5:30		5:00		4:30	LES MILLS BODYPUMP	5:00	H.I.I.T 033 HIGH INTENSITY INTERVAL TRAINING		SUNDAY
5:00	LES MILLS RPM	5:00	30 CORE	5:30		5:30		5:30			
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		5:30	LES MILLS BODYPUMP			6:00		6:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYBALANCE
6:30		6:00		6:30	LES MILLS BODYBALANCE	6:30					
7:30		6:30				7:30					