

GROUP FITNESS TIMETABLE - MONDAY 10/7/17 - SUNDAY 16/7/17

Classes in WHITE remain as scheduled. Classes in YELLOW are changed from original class

WANANGKURA STADIUM

TIME	Monday 10/7	Tuesday 11/7	Wednesday 12/7	Thursday 13/7	Friday 14/7	Saturday 15/7	Sunday 16/7
5.30am	RPM	HIIT 45min	RPM	PUMP EXPRESS	HIIT 45min		
8.15am						SPRINT / BOOTCAMP	RPM
8.30am						ZUMBA 45min	
8.45am	GRIT STRENGTH	BODYPUMP	GRIT CARDIO	RPM	HIIT CIRCUIT		
9.00am						BODYPUMP 45min	
9.15am	CXWORX		BALANCE			CXWORX	BODYPUMP
9.30am				BALANCE (30MINS)	ROLLAFLEX		9.15am BALANCE
10.00am						BALANCE	
4.30pm	BODYPUMP / GRITCARDIO	GRIT STRENGTH	HIIT	GRIT PLYO	SPRINT		
5.00pm	CXWORX	CXWORX		BOXING 45MINS			
5.15pm				5:05PM CXWORX	BODYPUMP 45MINS		
5.35pm	BALANCE		SPRINT				
5.45pm		ROLLAFLEX		BALANCE			
6.35pm	HIIT 45min	BALANCE	BODYPUMP				