

Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:45AM - 6:35AM SPIN</p>	<p> LES MILLS RPM 5:45AM - 6:35AM SPIN</p>	<p> LES MILLS RPM 5:45AM - 6:35AM SPIN</p>	<p> LES MILLS RPM 5:45AM - 6:35AM SPIN</p>	<p> LES MILLS RPM 5:45AM - 6:35AM SPIN</p>	<p> LES MILLS RPM 7:00AM - 7:50AM SPIN</p>	<p> LES MILLS RPM 8:00AM - 8:50AM SPIN</p>
<p> LES MILLS RPM 8:30AM - 9:20AM SPIN</p>	<p> LES MILLS RPM 8:30AM - 9:20AM SPIN</p>	<p> LES MILLS RPM 8:30AM - 9:20AM SPIN</p>	<p> LES MILLS RPM 8:30AM - 9:20AM SPIN</p>	<p> LES MILLS RPM 8:30AM - 9:20AM SPIN</p>	<p> LES MILLS RPM 8:00AM - 8:50AM SPIN</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM GROUPX</p>
<p> LES MILLS BODYPUMP 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM GROUPX</p>	<p> LES MILLS RPM 9:00AM - 9:50AM SPIN</p>
<p> LES MILLS BODYPUMP 9:30AM - 10:30AM GROUPX</p>	<p> LES MILLS RPM 9:35AM - 10:25AM SPIN</p>	<p> LES MILLS BODYPUMP 9:30AM - 10:30AM GROUPX</p>	<p> LES MILLS RPM 9:35AM - 10:25AM SPIN</p>	<p> LES MILLS RPM 9:35AM - 10:25AM SPIN</p>	<p> LES MILLS RPM 9:00AM - 9:50AM SPIN</p>	<p> LES MILLS BODYBALANCE 9:30AM - 10:30AM GROUPX</p>
<p> LES MILLS RPM 9:35AM - 10:25AM SPIN</p>	<p> LES MILLS RPM 12:00PM - 12:30PM SPIN</p>	<p> LES MILLS RPM 9:35AM - 10:25AM SPIN</p>	<p> LES MILLS RPM 12:00PM - 12:30PM SPIN</p>	<p> LES MILLS RPM 12:00PM - 12:30PM SPIN</p>	<p> LES MILLS BODYPUMP 9:30AM - 10:30AM GROUPX</p>	
<p> LES MILLS RPM 12:00PM - 12:30PM SPIN</p>	<p> LES MILLS sprint 12:30PM - 1:00PM SPIN</p>	<p> LES MILLS RPM 12:00PM - 12:30PM SPIN</p>	<p> LES MILLS sprint 12:30PM - 1:00PM SPIN</p>	<p> LES MILLS sprint 12:30PM - 1:00PM SPIN</p>	<p> LES MILLS RPM 10:00AM - 10:50AM SPIN</p>	
<p> LES MILLS sprint 12:30PM - 1:00PM SPIN</p>	<p> LES MILLS BODYBALANCE 5:30PM - 6:30PM GROUPX</p>	<p> LES MILLS sprint 12:30PM - 1:00PM SPIN</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM GROUPX</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM GROUPX</p>		
<p> LES MILLS BODYPUMP 5:30PM - 6:30PM GROUPX</p>	<p> LES MILLS BODYBALANCE 6:35PM - 7:35PM GROUPX</p>	<p> LES MILLS BODYPUMP 6:30PM - 7:30PM GROUPX</p>	<p> LES MILLS BODYBALANCE 6:35PM - 7:35PM GROUPX</p>			