

# GROUP FITNESS



peak body  
HEALTH & FITNESS

**LES MILLS**  
FOR A FITTER PLANET

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	TOTAL TONE	BODY PUMP	STEP MOVES	XFIT	BODY BALANCE	XFIT 7am START	
8:45am	BODY PUMP	SH'BAM	BODY ATTACK	PILATES	TOTAL TONE	BODY ATTACK 8:30AM START	STEP MOVES 8:30AM START
9:30am	BODY ATTACK	TOTAL TONE	BODY PUMP	ATTACK ABT	SH'BAM	BODY PUMP	BODY PUMP
10:30am	BODY BALANCE	PILATES	BODY BALANCE	BODY PUMP	YOGA	YOGA	BODY BALANCE
5:30pm	BODY PUMP	XFIT	BODY PUMP	XFIT	BODY PUMP		
6:30pm	YOGA	BODY BALANCE	YOGA	YOGA			
6:30pm		CIRCUITS	CIRCUITS				

# SMALL GROUP TRAINING



TIME	MON	TUES	WED	THURS	FRI
5:30am	Strength	Straps Core	Strength	Movement Mobility	Strength
5:45am	Express		Express		
6:15am	Strength	Express	Strength	Express	Strength
8:45am		Express	Express	Express	Express
9:15am		Express		Express	
9:30am	Strength		Strength		Strength
10:15am	Express		Express		Express
6pm	Strength		Strength		

# SPINNING / BOXING / FIT BALL

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am		Spin / Box			Spin / Run		
8:45am	Boxing					8:30am	8:30am
9am	Spin		Spin		Spin	Spin	Spin
9:30am		FIT BALL		Boxing			
10:30am						FIT BALL	
5:30pm	Spin		Spin				