

New Schedule Update
Effective June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 6:00AM - 6:50AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 6:00AM - 6:30AM Studio 1</p>	<p> LES MILLS RPM 6:00AM - 6:50AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 6:00AM - 6:30AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:00AM - 7:00AM Studio 1</p>	<p> LES MILLS RPM 6:15AM - 7:05AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 7:30AM - 8:00AM Studio 1</p>
<p> LES MILLS BODYFLOW 7:00AM - 8:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 7:00AM - 8:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 7:00AM - 8:00AM Studio 1</p>	<p> LES MILLS BODYFLOW 7:00AM - 8:00AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 7:00AM - 7:30AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 7:30AM - 8:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Studio 1</p>
<p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1</p>	<p> LES MILLS SH'BAM 8:30AM - 9:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1</p>	<p> LES MILLS SH'BAM 8:30AM - 9:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1</p>	<p> LES MILLS RPM 8:30AM - 9:20AM Studio 1</p>	<p> LES MILLS CXWORX 9:35AM - 10:05AM Studio 1</p>
<p> LES MILLS SH'BAM 9:30AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p>	<p> LES MILLS SH'BAM 9:30AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p>	<p> LES MILLS SH'BAM 9:30AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p>	<p> LES MILLS SH'BAM 10:30AM - 11:15AM Studio 1</p>
<p> LES MILLS BODYCOMBAT 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS CXWORX 10:30AM - 11:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS CXWORX 10:30AM - 11:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS SH'BAM 10:30AM - 11:15AM Studio 1</p>	
<p> LES MILLS SH'BAM 5:00PM - 5:45PM Studio 1</p>	<p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 6:00PM Studio 1</p>	
<p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:00PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:00PM - 7:00PM Studio 1</p>	<p> LES MILLS CXWORX 6:00PM - 6:30PM Studio 1</p>	<p> LES MILLS CXWORX 6:00PM - 6:30PM Studio 1</p>	
<p> LES MILLS CXWORX 7:00PM - 7:30PM Studio 1</p>	<p> LES MILLS RPM 7:00PM - 7:50PM Studio 1</p>	<p> LES MILLS CXWORX 7:00PM - 7:30PM Studio 1</p>	<p> LES MILLS RPM 7:00PM - 7:30PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:30PM - 7:30PM Studio 1</p>		

Classes & Times are subject to change
----see club details----

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

Gilroy Family Fitness Group Exercise Timetable