

Group Fitness Timetable

EASTER 2018

ELTHAM LEISURE
CENTRE

GROUP FITNESS STUDIO 1

TIME	SAT 31 MARCH	SUN 1 APRIL	MON 2 APRIL
8.10am	BOXING PILATES	LES MILLS BODYSTEP	
9.10am	LES MILLS BODYATTACK BARRE	LES MILLS BODYBALANCE	LES MILLS BODYPUMP
10.15am	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	CIRCUIT
11.20am	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
5.30pm			PILATES 45
6.15pm			LES MILLS BODYPUMP

CYCLE STUDIO

TIME	SAT 31 MARCH	SUN 1 APRIL	MON 2 APRIL
8.10am	LES MILLS RPM		
9.10am	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM
10.00am		LES MILLS RPM MAX	
12.30pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
2.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
4.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM
6.30pm			LES MILLS RPM VIRTUAL