

NORTH SHORE GYM

Group Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	HIIT		HIIT		HIIT		
5:30 AM	SPIN	SPEED SPIN	SPIN		SPIN		
6:00 AM		LES MILLS BODYPUMP	LM BARRE	YOGA	LES MILLS BODYPUMP		
		BOXING		BOXING			
6:30 AM			LES MILLS CXWORX				
7:00 AM						HIIT	
7:30 AM						LES MILLS BODYPUMP	
						SPIN	
8:00 AM				PILATES		HIIT	
8:15 AM		SPIN		SPIN			
8:30 AM	ABT	LES MILLS BODYATTACK	LES MILLS BODYPUMP		POWER YOGA	LES MILLS BODYSTEP	
	HIIT		HIIT				
9:00 AM							CIRCUIT (60mins)
9:30 AM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	
					HIIT		
9:45 AM					SPIN		
10:00 AM				HIIT			YOGA (75mins)
10:30 AM	PILATES	ZUMBA	POWER YOGA	SCULPT	LES MILLS BODYPUMP	PILATES	
10:45 AM	SPIN		SPIN				
11:00 AM							
11:30 AM	SCULPT	ABT					
12:00 PM							
12:30 PM	YOGA		LES MILLS BODYPUMP 30				
01:00 PM			LES MILLS CXWORX				
04:00 PM						LES MILLS BODYATTACK	SPIN (60mins)
							LES MILLS BODYPUMP
05:00 PM						LES MILLS BODYPUMP	LES MILLS BODYCOMBAT
05:30 PM	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS BODYATTACK			
05:45 PM	HIIT						
06:00 PM		SPIN	LES MILLS BODYBALANCE 30	SPIN			
		HIIT	HIIT	HIIT			
06:30 PM	LES MILLS BODYPUMP	PILATES	POWER YOGA	LES MILLS BODYPUMP	RESTORATIVE YOGA		
	SPIN		SPIN				
07:30 PM		LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
07:45 PM	YOGA						