

Group Fitness Timetable

28-30B Ely Street, Wangaratta
www.mmxtreme.com.au



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	CYCLE	CONQUER BOXING	CYCLE	FUNCTIONAL CIRCUIT	FUNCTIONAL STRENGTH		
6:45 am		FUNCTIONAL STRENGTH			LES MILLS Shapes		
8:00am						LES MILLS GRIT	
8:30am						CYCLE	
9:30am	TOP RIDE RADICAL FITNESS	LES MILLS BODYPUMP	CORE	TOP RIDE RADICAL FITNESS	LES MILLS BODYPUMP	CORE	LES MILLS BODYPUMP
10:00 am			ACTIVE AGEING				
10:30 am	LES MILLS Shapes	LES MILLS BODYBALANCE		LES MILLS BODYBALANCE	CYCLE		
11:30 am	LES MILLS yoga	VIRTUAL DANCE	Mums & Bubs (11:15 AM) 6 week program		ACTIVE AGEING		
12:30 pm	ACTIVE AGEING						
4:00 PM			Mat Pilates TEEN CLUB				
5:00 pm	Mat Pilates	FUNCTIONAL STRENGTH	STEP	CORE			LES MILLS BODYBALANCE
5:40 pm	LES MILLS BODYPUMP	TOP RIDE RADICAL FITNESS		LES MILLS BODYPUMP			
6:00 pm			LES MILLS GRIT				
6:40 pm		LES MILLS Shapes	LES MILLS breath	CONQUER BOXING			