

Group Fitness Timetable

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	LES MILLS RPM	CONQUER	LES MILLS RPM	CIRCUIT	Strength Development LES MILLS		
6:45 am		Strength Development LES MILLS			LES MILLS PILATES		
8:00am						LES MILLS GRIT	
8:30am						LES MILLS RPM	
9:30am	LES MILLS RPM	LES MILLS BODYPUMP	CORE	LES MILLS RPM	LES MILLS BODYPUMP	CORE	LES MILLS BODYPUMP
10:00 am			ACTIVE AGEING				
10:30 am	LES MILLS Shapes	LES MILLS BODYBALANCE		LES MILLS BODYBALANCE	LES MILLS RPM		
11:30 am					ACTIVE AGEING		
5:00 pm	Mat Pilates	Strength Development LES MILLS	STEP	CORE			LES MILLS BODYBALANCE
5:40 pm	LES MILLS BODYPUMP	LES MILLS RPM		LES MILLS BODYPUMP			
6:00 pm			LES MILLS GRIT				
6:40 pm		LES MILLS Shapes	LES MILLS BODYBALANCE (Express 30 Minute)	CONQUER			