

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 BOXING	LES MILLS RPM	FUNCTIONAL CIRCUIT	Strength Development <small>LES MILLS</small>		
6:45 am		Strength Development <small>LES MILLS</small>			<small>LES MILLS</small> PILATES		
8:00am						<small>LES MILLS</small> GRIT	
8:30am						<small>LES MILLS</small> RPM	
9:30am	TOP RIDE RADICAL FITNESS	<small>LES MILLS</small> BODYPUMP	CORE	<small>LES MILLS</small> RPM	<small>LES MILLS</small> BODYPUMP	CORE	<small>LES MILLS</small> BODYPUMP
10:00 am			ACTIVE AGEING				
10:30 am	<small>LES MILLS</small> Shapes	<small>LES MILLS</small> BODYBALANCE		<small>LES MILLS</small> BODYBALANCE	<small>LES MILLS</small> RPM		
11:30 am	<small>LES MILLS</small> yoga	VIRTUAL DANCE	Mums & Bubs (11:15 AM)		ACTIVE AGEING		
4:00 PM				Teen Club			
5:00 pm	Mat Pilates	Strength Development <small>LES MILLS</small>	STEP	CORE			<small>LES MILLS</small> BODYBALANCE
5:40 pm	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> RPM		<small>LES MILLS</small> BODYPUMP			
6:00 pm			<small>LES MILLS</small> GRIT				
6:40 pm	VIRTUAL DANCE	<small>LES MILLS</small> Shapes	<small>LES MILLS</small> breath	CONQUER BOXING			