

Group Fitness Timetable

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



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