

# Group Fitness Timetable

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>LES MILLS RPM</b>	<b>CONQUER</b>	<b>LES MILLS RPM</b>	<b>CIRCUIT</b>	<b>LES MILLS GRIT</b>		
6:45 am		<small>LES MILLS</small> <b>FUNCTIONAL STRENGTH</b>		Strength Development (Registered Boot Campers Only)	<small>LES MILLS</small> <b>PILATES</b>		
8:00am						<small>LES MILLS</small> <b>GRIT</b>	
8:30am						<small>LES MILLS</small> <b>RPM</b>	
9:30am	<b>LES MILLS RPM</b>	<small>LES MILLS</small> <b>BODYPUMP</b>	<b>CORE</b>	<small>LES MILLS</small> <b>RPM</b>	<small>LES MILLS</small> <b>BODYPUMP</b>	<b>CORE</b>	<small>LES MILLS</small> <b>BODYPUMP</b>
10:00 am			<b>ACTIVE AGEING</b>				
10:30 am	<b>LES MILLS Shapes</b>	<small>LES MILLS</small> <b>BODYBALANCE</b>		<small>LES MILLS</small> <b>BODYBALANCE</b>	<small>LES MILLS</small> <b>RPM</b>		
5:00 pm	<b>Mat Pilates</b>	<small>LES MILLS</small> <b>FUNCTIONAL STRENGTH</b>	<b>STEP</b>	<b>CORE</b>	Strength Development (Registered Boot Campers Only)		<small>LES MILLS</small> <b>BODYBALANCE</b>
5:40 pm	<small>LES MILLS</small> <b>BODYPUMP</b>	<small>LES MILLS</small> <b>RPM</b>		<small>LES MILLS</small> <b>BODYPUMP</b>			
6:00 pm			<small>LES MILLS</small> <b>GRIT</b>				
6:40 pm	<b>ZUMBA</b>	<small>LES MILLS</small> <b>Shapes</b>	<small>LES MILLS</small> <b>BODYBALANCE</b> ( Express 30 Minute)	<b>CONQUER</b>			