

# DRLC "COVID" Group Fitness Timetable

Commencing MONDAY 14 SEPTEMBER 2020

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		<b>HIIT</b> 30mins		<b>HIIT CHALLENGE</b> 30mins			
6:00am	<b>LES MILLS BODYPUMP</b> 45mins		<b>LES MILLS BODYATTACK</b> 45mins		<b>LES MILLS BODYPUMP</b> 45mins		
6:15am		<b>HIIT</b> 30mins		<b>HIIT CHALLENGE</b> 30mins			
7:30am	<b>STRONGER4LIFE</b> <i>Fitness for the over 50s</i> CHALLENGE 55MIN	<b>STRONGER4LIFE</b> <i>Fitness for the over 50s</i> MOBILITY 55MIN	<b>STRONGER4LIFE</b> <i>Fitness for the over 50s</i> CHALLENGE 55MIN	<b>STRONGER4LIFE</b> <i>Fitness for the over 50s</i> MOBILITY 55MIN	<b>STRONGER4LIFE</b> <i>Fitness for the over 50s</i> CHALLENGE 55MIN	<b>HIIT</b> 30mins	
8:00am						<b>CORE</b> 30mins	<b>ZUMBA</b> FITNESS 45mins
9:00am	<b>HIIT</b> 30mins	<b>SPIN EXPRESS</b> Spin Express 30mins	<b>HIIT CHALLENGE</b> 30mins	<b>CORE</b> 30mins	<b>HIIT</b> 30mins	<b>LES MILLS BODYATTACK</b> 45mins	<b>LES MILLS BODYPUMP</b> 45mins
*9:45am	<b>CORE</b> 30mins	<b>LES MILLS BODYPUMP</b> 45mins	<b>PILATES</b> 45mins	<b>LES MILLS BODYPUMP</b> 45mins	<b>HIIT</b> 30mins		
10:00am						<b>LES MILLS BODYPUMP</b> 45mins	<b>LES MILLS BODYCOMBAT</b> 45mins
*10:45am	<b>PILATES</b> 55mins	<b>ZUMBA</b> FITNESS 45mins	<b>LES MILLS BODYPUMP</b> 45mins	<b>ZUMBA</b> toning 45mins	<b>CYCLE</b> Cycle 45mins		
11:00am						<b>ZUMBA</b> FITNESS 45mins	<b>PILATES</b> 55mins
*12:00pm	<b>YOGA</b> 55mins	<b>PILATES</b> 55mins	<b>PILATES</b> 55mins	<b>YOGA</b> 55mins	<b>PILATES</b> 55mins		
4:00pm						<b>PILATES</b> 55mins	<b>YOGA</b> 55mins
4:15pm	<b>Gym Fit Teen</b>	<b>Gym Fit Teen</b>	<b>Gym Fit Teen</b>	<b>Gym Fit Teen</b>			
5:30pm	<b>LES MILLS BODYPUMP</b> 45mins	<b>HIIT CHALLENGE</b> 30mins	<b>LES MILLS BODYATTACK</b> 45mins	<b>CORE</b> 30mins	<b>PILATES</b> 55mins		
6:30pm	<b>LES MILLS BODYATTACK</b> 45mins	<b>LES MILLS BODYCOMBAT</b> 45mins	<b>LES MILLS BODYPUMP</b> 45mins	<b>HIIT</b> 30mins	<b>ZUMBA</b> FITNESS 45mins		
7:30pm	<b>PILATES</b> 55mins	<b>ZUMBA</b> FITNESS 45mins	<b>YOGA</b> 55mins	<b>PILATES</b> 55mins	<b>YOGA</b> 55mins		

\*TEMPORARY START TIME DUE TO COVID19 CLEANING REQUIREMENTS