




# KOMANETSI

GYM SCHEDULE

30 JUNE- 31 JULY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	OTHER INFORMATION
5:00PM		<b>LES MILLS BODYPUMP</b> Ends at 5:45pm			<b>LES MILLS BODYPUMP</b> Ends at 5:45pm	<b>WORKING HOURS</b> MONDAY-FRIDAY 6:00AM-10:00PM SATURDAY 6:00AM-3:00PM  PLEASE NOTE: WORKING HOURS EXCLUDE ALL CLOSED DAYS, INCLUDING PUBLIC HOLIDAYS AND OTHER NON-OPERATIONAL DAYS.  <b>IN PARTNERSHIP WITH</b>   <b>22463360</b>  <b>WWW.KOMANETSI.COM/</b>  <b>SCHEDULE CHANGES</b> THE SCHEDULE MAY CHANGE AT ANY TIME
6:00PM	<b>CIRCUIT TRAINING</b> Ends at 6:50pm	<b>LEGS &amp; GLUTES POWER</b> Ends at 6:45pm	<b>LES MILLS BODYPUMP</b> Ends at 6:45pm	<b>CIRCUIT TRAINING</b> Ends at 6:50pm	<b>LEGS &amp; GLUTES POWER</b> Ends at 6:45pm	
7:00PM	<b>LES MILLS BODYPUMP</b> Ends at 7:45pm	<b>LES MILLS BODYPUMP</b> Ends at 7:45pm	<b>TABATA</b> Ends at 7:45pm	<b>LES MILLS BODYPUMP</b> Ends at 7:45pm	<b>LES MILLS BODYPUMP</b> Ends at 7:45pm	
8:00PM	<b>PIRATES</b> Ends at 9:00pm	<b>LES MILLS RPM</b> Ends at 8:45pm	<b>YOGA</b> Ends at 9:00pm	<b>PIRATES</b> Ends at 9:00pm		