

# KOMANETSI | GYM SCHEDULE JULY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00PM	<b>CIRCUIT TRAINING</b> Ends at 5:45pm	<b>LES MILLS BODYPUMP</b> Ends at 5:45pm		<b>CIRCUIT TRAINING</b> Ends at 5:45pm	<b>LES MILLS BODYPUMP</b> Ends at 5:45pm
6:00PM	<b>LES MILLS BODYPUMP</b> Ends at 6:45pm	<b>ABS &amp; GLUTES POWER</b> Ends at 6:45pm	<b>LES MILLS BODYPUMP</b> Ends at 6:45pm	<b>LES MILLS RPM</b> Ends at 6:45pm	<b>LEGS &amp; GLUTES POWER</b> Ends at 6:45pm
7:00PM	<b>LES MILLS RPM</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>YOGA</b> Ends at 9:00pm	<b>PIRATES</b> Ends at 9:00pm	

IN PARTNERSHIP WITH  
**LES MILLS**

## GYM WORKING HOURS

MONDAY-FRIDAY 6:00AM-10:00PM  
SATURDAY 6:00AM-03:00PM

PLEASE NOTE: WORKING HOURS EXCLUDE ALL CLOSED DAYS, INCLUDING PUBLIC HOLIDAYS AND OTHER NON-OPERATIONAL DAYS.

SCHEDULE CHANGES  
THE SCHEDULE MAY CHANGE AT ANY TIME

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