








STARTING
IN JANUARY

KOMANETSI GYM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6:30AM			 Ends at 7:30am			9:00AM	 Ends at 10:00AM
8:00AM	 Ends at 9:00am	<i>LES MILLS</i> BODYPUMP Ends at 8:45am	LEGS & GLUTES POWER Ends at 8:45am	 Ends at 9:00am	<i>LES MILLS</i> BODYPUMP Ends at 8:45am	10:15AM	<i>LES MILLS</i> RPM Ends at 11:00am
6:00PM	CIRCUIT TRAINING Ends at 6:45pm	LEGS & GLUTES POWER Ends at 6:45pm	<i>LES MILLS</i> BODYPUMP Ends at 6:45pm	CIRCUIT TRAINING Ends at 6:45pm	LEGS & GLUTES POWER Ends at 6:45pm	OTHER INFORMATION	
7:00PM	<i>LES MILLS</i> BODYPUMP Ends at 7:45pm	<i>LES MILLS</i> BODYPUMP Ends at 7:45pm	TABATA Ends at 7:45pm	<i>LES MILLS</i> BODYPUMP Ends at 7:45pm	<i>LES MILLS</i> BODYPUMP Ends at 7:45pm	WORKING HOURS MONDAY-FRIDAY 6:00AM-10:00PM SATURDAY 6:00AM-07:00PM PLEASE NOTE: WORKING HOURS EXCLUDE ALL CLOSED DAYS, INCLUDING PUBLIC HOLIDAYS AND OTHER NON-OPERATIONAL DAYS.	
8:00PM	 Ends at 9:00pm	<i>LES MILLS</i> RPM Ends at 8:45pm	 Ends at 9:00pm	 Ends at 9:00pm	<i>LES MILLS</i> RPM Ends at 8:45pm		

SCHEDULE CHANGES
THE SCHEDULE MAY CHANGE AT ANY TIME

 WWW.KOMANETSI.COM/

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