


OCT 6TH-11TH
FAITH + FITNESS
LAUNCH
 CHECK ONLINE FOR SCHEDULE



OCTOBER GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30AM	LES MILLS GRIT STRENGTH VIRTUAL	LES MILLS GRIT CARDIO VIRTUAL	LES MILLS PUMP/CORE	LES MILLS GRIT ATHLETIC VIRTUAL	LES MILLS PUMP/CORE VIRTUAL	OCT 4TH 09:30am LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
09:00AM	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP		LES MILLS BODYATTACK VIRTUAL			LES MILLS BODYPUMP VIRTUAL
9:30AM	CIRCUIT						LES MILLS CORE VIRTUAL
11:00AM						OCT 11TH 10:00AM LES MILLS CORE VIRTUAL	
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL
03:00PM							LES MILLS BODYCOMBAT VIRTUAL
04:30 PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		OCT 18TH 09:30am LES MILLS GRIT CARDIO VIRTUAL	LES MILLS BODYPUMP VIRTUAL
05:00PM							
05:30PM	LES MILLS GRIT	PILATES	LES MILLS GRIT	PILATES			
06:15PM						OCT 25TH 09:30am PILATES	LES MILLS BODYBALANCE VIRTUAL
06:30PM	BYOB	ZUMBA		LES MILLS BODYPUMP			

- GRIT - 30 MIN HIIT
- BODY PUMP- 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO

- PILATES - 45 MIN CORE, TONING, FLEXIBILITY
- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN