

EWMAC Group Fitness Timetable



Land-based sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.05am	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	Boxing for Fitness		
6.05am		LES MILLS RPM <small>30</small>					
9.15am	LES MILLS BODYPUMP	CIRCUIT	LES MILLS BODYPUMP	CIRCUIT	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP
9.15am						LES MILLS RPM	
10.15am					LOW IMPACT		LES MILLS BODYBALANCE
10.30am	LES MILLS BODYBALANCE	EnerG	LES MILLS BODYBALANCE	EnerG			
11.15am	LOW IMPACT		LOW IMPACT				
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	Bike and Box	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		
5.30pm		LES MILLS RPM					
6.30pm	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYATTACK				

Water based sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am	WATER FIT	GENTLE AQUA (S)		GENTLE AQUA (S)			
9.00am		GENTLE AQUA (S)		GENTLE AQUA (S)	WATER FIT DEEP	WATER FIT	
6.00pm			WATER FIT				