

## BOI Recreation Centre Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	<b>LES MILLS</b> <b>BODYATTACK</b>				<b>LES MILLS</b> <b>GRIT</b>   ATHLETIC
	30 Minutes	60 Minutes	30 Minutes	60 Minutes	60 Minutes
5:45pm	<b>LES MILLS</b> <b>GRIT</b>   STRENGTH	<b>LES MILLS</b> <b>BODYPUMP</b> ®	<b>LES MILLS</b> <b>GRIT</b>   CARDIO	<b>LES MILLS</b> <b>BODYPUMP</b> ®	<b>LES MILLS</b> <b>BODYBALANCE</b>
6:20pm	<b>LES MILLS</b> <b>CORE</b>		<b>LES MILLS</b> <b>CORE</b>		