

Aspyre Fitness Group Fitness Timetable

LES MILLS
FOR A FITTER PLANET

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am	Body Step	Body Pump	Body Step	Body Pump	Body Step	8:30am >	Body Pump	
9:30am	Body Pump		Body Pump			9:30am >	Body Combat	Body Balance
12:10pm (45min)	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
5:30pm	Body Pump	H.I.I.T.	Body Pump	H.I.I.T.				
6:30pm	Body Balance							