

TAURANGA GROUP FITNESS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri
6.00am <i>45 mins</i>		Pump		Circuit	Spin
6.50am <i>45 mins</i>	LES MILLS BODYPUMP		THE TRIP LES MILLS / LES MILLS RPM		LES MILLS BODYBALANCE
12.15pm <i>30 mins</i>	Pump	LES MILLS BODYBALANCE Strength	Pump	LES MILLS BODYBALANCE Flexibility	
4.15pm <i>30 mins</i>	LES MILLS BODYBALANCE Strength		LES MILLS BODYPUMP		
4.50pm <i>45 mins</i>	LES MILLS BODYPUMP	Circuit	LES MILLS BODYBALANCE	Circuit	
5.40pm <i>45 mins</i>	LES MILLS BODYBALANCE	Spin			