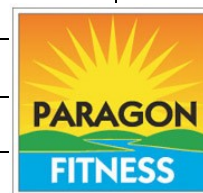


# GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from January 2019

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	I.G.T *	BODYPUMP*	BODYATTACK*	BODYCOMBAT*	BODYPUMP*		
	7:15am						GRIT <sup>SM</sup> STRENGTH	
	8:00am						BODYPUMP™	
	8:45am	BODYATTACK*		BODYCOMBAT*	BODYPUMP*	BODYSTEP*		
	9:00am		CXWORX™				BODYATTACK*	BODYPUMP™
	9:30am	BODYPUMP™	BODYSTEP*	I.G.T *	BODYATTACK*	BODYPUMP™	9.45AM	
	10:00am						CXWORX™	BODYSTEP
	10:20am		BODYPUMP™	BODYBALANCE	CXWORX™		10.15AM	
	10:30am	ZUMBA™				BODYBALANCE	BODYCOMBAT™	
	11:00am				FIT-OVER-50		11.15AM	SH'BAM*
	11:30am		FIT-OVER-50	FIT-OVER-50			BODYBALANCE	
	5:15pm			CXWORX™				
	5:45pm	BODYPUMP™	BODYATTACK*	BODYSTEP*	GRIT <sup>SM</sup> STRENGTH	BODYPUMP™		
	6:30pm		BODYPUMP™	BODYPUMP™	BODYCOMBAT™			
	6:45pm	BODYSTEP*						
	7:30pm	BODYBALANCE	CXWORX™	ZUMBA™	BODYBALANCE			
8:00pm		SH'BAM*						



RPM	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	RPM™	LES MILLS <i>sprint</i>	RPM™		LES MILLS <i>sprint</i>		
	8:00am						RPM™	
	8:45am			LES MILLS <i>sprint</i>				
	9:00am						LES MILLS <i>sprint</i>	
	9:30am	RPM™	RPM™			RPM™		
	10:00am							RPM™
	5:45pm	LES MILLS <i>sprint</i>	RPM™	RPM™	LES MILLS <i>sprint</i>			
	6:30pm							
	6:45pm	RPM™	LES MILLS <i>sprint</i>					

WELLNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am		BODYBALANCE STRETCH 30mins					
	9.15am					FIT-OVER-50		
	9:30am		PILATES		PILATES			
	10:30am		YOGA		6.15PM			
	6:00pm			YOGA	BODYBALANCE STRETCH 30mins			
6:30pm	YOGA							

\*Denotes a 45minute class