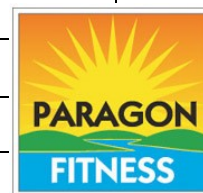


GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from August 2017

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



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

WELLNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15am					FIT-OVER-50		
	9:30am		PILATES		PILATES			
	11:00am							
	6:00pm			YOGA				
6:30pm	YOGA							

*Denotes a 45minute class