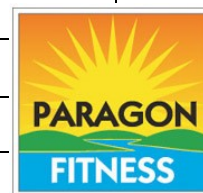


GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from September 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 | | | |
| | 10:30am | NEW!! | YOGA | | | | | |
| | 6:00pm | | | YOGA | | | | |
| 6:30pm | YOGA | | | | | | | |

*Denotes a 45minute class