

# GymSpot Les Mills June 2017

Gym Spot

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.00am	<b>LES MILLS BODYVIVE 3.1</b> Renee		<b>LES MILLS RPM</b> Tracey		<b>LES MILLS BODYVIVE 3.1</b> Renee		
6.30am	<b>LES MILLS CXWORX</b> Renee				<b>LES MILLS CXWORX</b> Renee	8.00am	
9.15am	<b>LES MILLS RPM</b> Thomas	<b>LES MILLS BODYBALANCE</b> Rachel	<b>LES MILLS BODYPUMP</b> Thomas		<b>LES MILLS RPM</b> Thomas		
10.10am				<b>STRETCH &amp; STABILISE</b> Tracey	<b>LES MILLS BODYBALANCE</b> Rachel		
10.30am							
6.00pm	<b>LES MILLS BODYPUMP</b> Thomas	<b>LES MILLS GRIT CARDIO</b> 30 MINUTE HIGH INTENSITY INTERVAL TRAINING Tracey	<b>LES MILLS RPM</b> Thomas	<b>LES MILLS BODYSTEP</b> Renee			
6.30pm		<b>LES MILLS RPM</b> Tracey		<b>LES MILLS CXWORX</b> Renee			
7.00pm							