


GRAVITY FITNESS

Membership Classes

Starting 8th Feb 2021











Starts 8/2/21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH		
6am	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
7.30am	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH	LES MILLS BODYCOMBAT
8.45am	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
8.45am						STRENGTH	
10.15am	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH
12pm	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	
4pm		LES MILLS GRIT STRENGTH		LES MILLS BODYCOMBAT		LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP
5.45pm		LES MILLS BODYCOMBAT	BOOZY BURN	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH
7.00pm	LES MILLS BODYPUMP		LES MILLS CXWORX				
Notes							

SPIN/CYCLE Classes are available on demand 24/7.



GRAVITY45



<u>Starts 8/2/21</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.00am		velocity	STRENGTH 		TABATA WORKOUT ACADEMY	
6.00am		velocity	STRENGTH 		TABATA WORKOUT ACADEMY	PYRAMID CHALLENGE
8.45am	velocity		PYRAMID CHALLENGE	TABATA WORKOUT ACADEMY		STRENGTH 
10.15am						
AFTERNOON						
5.45pm	KNOCK OUT 		BOOTY Burn			