

# For One Day Only

## CLASS TIMETABLE CHANGES FOR SATURDAY 15TH APRIL

TIME	CLASS	DURATION	LOCATION
*9:30	Les Mills GRIT <small>strength</small>	30 mins	LMS
9:30	Gravity Pilates	40 mins	G
10:05	BodyAttack	60 mins	LMS
10:10	RPM	45 mins	Cycle
10:15	Fitness By Light	40 mins	FBL
11:05	BoxFit	45 mins	Box
11:10	BodyPump	60 mins	LMS
12:15	CXWORX	30 mins	LMS
12:50	BodyBalance	60 mins	LMS
16:10	RPM	45 mins	Spin
17:00	Les Mills GRIT	30 mins	LMS
17:35	CXWORX	30 mins	LMS

These changes are for Saturday April 15th only and are due to staff training. Thank you for your co-operation as we strive to make our instructors even better.

\*The 9:30am GRIT class will be taught by Les Mills UK & Ireland presenter Aaron Davison.\*

Rory O'Connor - Studio Co-ordinator

