

| птры | R FIT24 八日 | いり位 | Group Exercise Timetable | | | ii <i>liNi len len</i> | | |
|-------|------------------------------|-------------------------------|-------------------------------|---------------------------------|-------------------------------|-------------------------------|--------------------------------|-------|
| | 月曜日 | 火曜日 | 水曜日 | 木曜日 | 金曜日 | 土曜日 | 日曜日 | |
| 0:00 | D LESMILLS BODYATTACK | O BODYCOMBAT | ⊙ GR it | D LESMILLS BODYATTACK | O BODYCOMBAT | DANCE | D LESMILLS BODYBALANCE | 0:00 |
| | 0:00am-0:30am | 0:00am-0:30am | 0:00am-0:30am | 0:00am-0:30am | 0:00am-0:30am | 0:00am-0:30am | 0:00am-0:30am | |
| 1.00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 4.00 |
| 1:00 | D BODYBALANCE | DANCE | D LESMILLS BODYBALANCE | DANCE | ⊙ GRIT | D BODYATTACK | DANCE | 1:00 |
| | 1:00am-1:30am | 1:00am-1:30am | 1:00am-1:30am | 1:00am-1:30am | 1:00am-1:30am | 1:00am-1:30am | 1:00am-1:30am | |
| 2:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 2:00 |
| 3:00 | DANCE | OGRIT | DANCE | O BODYCOMBAT | O BODYBALANCE | D BODYCOMBAT | O BODYATTACK | 2.00 |
| | 2:00am-2:30am | 2:00am-2:30am | 2:00am-2:30am | 2:00am-2:30am | 2:00am-2:30am | 2:00am-2:30am | 2:00am-2:30am | |
| | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 D LESMILLS BODYCOMBAT | 3:00 |
| | | BODYBALANCE | BODYATTACK | ⊙ GR ÍT | BODYATTACK | DANCE | | |
| | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | 3:00am-3:30am Studio1 | |
| 4:00 | O BODYCOMBAT | D LESMILLS BODYATTACK | D LESMILLS BODYCOMBAT | O BODYBALANCE | DANCE | O GRIT | ⊙ GRIT | 4:00 |
| | 4:00am-4:30am | 4:00am-4:30am | 4:00am-4:30am | 4:00am-4:30am | 4:00am-4:30am | 4:00am-4:30am | 4:00am-4:30am | |
| | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | |
| 5:00 | D BODYATTACK | O BODYCOMBAT | O GRIT | D BODYATTACK | D BODYCOMBAT | D BODYBALANCE | DANCE | 5:00 |
| | 5:00am-5:30am | 5:00am-5:30am | 5:00am-5:30am | 5:00am-5:30am | 5:00am-5:30am | 5:00am-5:30am | 5:00am-5:30am | |
| 6:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 6:00 |
| 0.00 | BODYBALANCE | DANCE | BODYBALANCE | DANCE | ⊙ GRIT | D BODYATTACK | O BODYCOMBAT | 0.00 |
| | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | 6:00am-6:30am Studio1 | |
| 7:00 | LESMILLS | O GRIT | LesMills | | D LESMILLS BODYATTACK | O I BEMILLE | ↑ LesMills | 7:00 |
| | 7:00am-7:30am | 7:00am-7:30am | 7:00am-7:30am | O BODYCOMBAT 7:00am-7:30am | 7:00am-7:30am | BODYCOMBAT 7:00am-7:30am | 7:00am-7:30am | |
| | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | |
| 8:00 | ⊙ GRIT | O LESMILLS BODYBALANCE | D LESMILLS BODYATTACK | D LESMILLS BODYATTACK | O LESMILLS BODYBALANCE | DANCE | D Lesmills BODYATTACK | 8:00 |
| | 8:00am-8:30am | 8:00am-8:30am | 8:00am-8:30am | 8:00am-8:30am | 8:00am-8:30am | 8:00am-8:30am | 8:00am-8:30am | |
| 0.00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 0.00 |
| 9:00 | D BODYCOMBAT | BODYATTACK | O BODYCOMBAT | D BODYBALANCE | O BODYCOMBAT | O GRIT | D BODYCOMBAT | 9:00 |
| | 9:00am-9:30am | 9:00am-9:30am | 9:00am-9:30am | 9:00am-9:30am | 9:00am-9:30am | 9:00am-9:30am | 9:00am-9:30am | |
| 10:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 10:00 |
| | BODYATTACK | DANCE | ⊙ GRIT | DANCE | ⊙ GRIT | BODYBALANCE | ⊙ GR ÍT | |
| | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | 10:00am-10:30am Studio1 | |
| 11:00 | ○ LesMills | ► LesMills | ↑ LesMills | O GRIT | LESMILLS | ● LeeMule | LESMILLS | 11:00 |
| | | BODYCOMBAT | BODYBALANCE | | | O BODYCOMBAT | | |
| | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | 11:00am-11:30am Studio1 | |
| 12:00 | O BODYCOMBAT | • Localina s | LesMills | O LESMILLS BODYBALANCE | LESMILLS | O BODYBALANCE | D LESMILLS BODYBALANCE | 12:00 |
| | | BODYBALANCE | DANCE | | BODYCOMBAT | | | |
| | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | 12:00pm-12:30pm Studio1 | |
| 13:00 | ⊙ GRÏT | LESMILLS | D LESMILLS BODYATTACK | DANCE | ⊙ GŘÍ T | O BODYATTACK | D LESMILLS BODYATTACK | 13:00 |
| | 1:00pm-1:30pm | 1:00pm-1:30pm | 1:00pm-1:30pm | 1:00pm-1:30pm | 1:00pm-1:30pm | 1:00pm-1:30pm | 1:00pm-1:30pm | |
| | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | |
| 14:00 | O BODYATTACK | O BODYBALANCE | D LESMILLS BODYBALANCE | D BODYATTACK | D LESMILLS BODYBALANCE | DANCE | ⊙ GRIT | 14:00 |
| | 2:00pm-2:30pm | 2:00pm-2:30pm | 2:00pm-2:30pm | 2:00pm-2:30pm | 2:00pm-2:30pm | 2:00pm-2:30pm | 2:00pm-2:30pm | |
| 15.00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 45.00 |
| 15:00 | DANCE | D BODYATTACK | D BODYCOMBAT | ⊙ GRIT | DANCE | O BODYBALANCE | O BODYBALANCE | 15:00 |
| | 3:00pm-3:30pm | 3:00pm-3:30pm | 3:00pm-3:30pm | 3:00pm-3:30pm | 3:00pm-3:30pm | 3:00pm-3:30pm | 3:00pm-3:30pm | |
| | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 16:00 |
| 16:00 | O BODYBALANCE | O GRIT | DANCE | D BODYCOMBAT | D BODYATTACK | D BODYCOMBAT | O BODYATTACK | 16:00 |
| | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | |
| 17:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 17:00 |
| 17.00 | D BODYATTACK | DANCE | OGRIT | D BODYBALANCE | D BODYCOMBAT | OGRIT | D BODYCOMBAT | 17.00 |
| | 5:00pm-5:30pm | 5:00pm-5:30pm | 5:00pm-5:30pm | 5:00pm-5:30pm | 5:00pm-5:30pm | 5:00pm-5:30pm | 5:00pm-5:30pm | |
| 18:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 18:00 |
| 10.00 | DANCE | D BODYCOMBAT | D BODYBALANCE | DANCE | BODYATTACK | O BODYBALANCE | DANCE | 10.00 |
| | 6:00pm-6:30pm | 6:00pm-6:30pm | 6:00pm-6:30pm | 6:00pm-6:30pm | 6:00pm-6:30pm | 6:00pm-6:30pm | 6:00pm-6:30pm | |
| 19:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 19:00 |
| | O GRIT | O'GRIT | O BODYATTACK | D BODYBALANCE | DANCE | O BODYCOMBAT | ⊙ GRIT | 23.00 |
| | 7:00pm-7:30pm | 7:00pm-7:30pm | 7:00pm-7:30pm | 7:00pm-7:30pm | 7:00pm-7:30pm | 7:00pm-7:30pm | 7:00pm-7:30pm | |
| 20:00 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | Studio1 | 20:00 |
| - | BODYCOMBAT | O BODYATTACK | DANCE | O GRIT | BODYBALANCE | ⊙ GRÏT | O BODYBALANCE | |
| | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | 8:00pm-8:30pm Studio1 | |
| 21:00 | | LesMills | | ♠ LesMills | LesMills | LesMills | LesMills | 21:00 |
| | O BODYBALANCE | DANCE | D BODYCOMBAT | O BODYBALANCE | W BODYATTACK | DANCE | W BODYATTACK | |
| | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | 9:00pm-9:30pm Studio1 | |
| 22:00 | LesMills | ● LeeMule | | LesMills | | Lesmills | Studio1 | 22:00 |
| | DANCE | BODYBALANCE | O GRIT | BODYATTACK | D LESMILLS BODYCOMBAT | W BODYATTACK | DANCE | |
| | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | 10:00pm-10:30pm Studio1 | |
| | | | | Lesmills | | | | 23:00 |
| 23:00 | C LESMILLS | LESMILLS | LesMills | | | | | |
| 23:00 | BODYATTACK 11:00pm-11:30pm | D BODYCOMBAT 11:00pm-11:30pm | D BODYBALANCE 11:00pm-11:30pm | DANCE 11:00pm-11:30pm | OGRIT 11:00pm-11:30pm | D BODYCOMBAT 11:00pm-11:30pm | D BODYCOMBAT 11:00pm-11:30pm | |