

Land Group Fitness – Covid19 Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.15am	LES MILLS BODY PUMP 45'	LES MILLS BODY COMBAT 45'	Power Pilates 45' LES MILLS RPM 45'		LES MILLS RPM 45'		
6am					LES MILLS CXWORX 30'	7am	LES MILLS GRIT 30' CARDIO
						8am	LES MILLS RPM 45' LES MILLS BODY PUMP 45'
9am	LES MILLS BODY COMBAT 45'	LES MILLS BODY PUMP 45'	LES MILLS RPM 45' LES MILLS GRIT 30' STRENGTH	LES MILLS BODY PUMP 45'	LES MILLS BODY COMBAT 45'	9am	Dance Fit 45'
10am	LES MILLS CXWORX 30'	Circuit 45'	Step 45'	Barre 45'	LES MILLS GRIT 30' CARDIO	Time	Sunday
11am	Use It or Lose It 45' Rehab Pilates 45'			Soft Circuit 45'	Pilates 45'	8am	Yoga 55'
5:00pm	Pilates 45'		LES MILLS BODY PUMP 45'	Dance Fit 45'	Barre 45'		
6:00pm		Bootcamp 45'	Stretch & Strength 55'	LES MILLS GRIT 30' STRENGTH			

Consulting your physician prior to participating in any group fitness program is highly recommended. Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

