

CAMBRIDGE FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am		BODYPUMP 30 LM CORE		BOOTCAMP	LES MILLS RPM		
8.00am						LES MILLS RPM	
9.15am	LES MILLS BODYPUMP	CAMFIT CIRCUIT	LES MILLS BODYPUMP HEAVY	LES MILLS RPM	LES MILLS BODYPUMP		LES MILLS BODYPUMP
10:15am				LES MILLS BODYBALANCE			LES MILLS BODYBALANCE
5:30pm	LES MILLS BODYPUMP HEAVY	LES MILLS BODYPUMP	CAMFIT HIIT	LES MILLS CORE			
6.00pm	LES MILLS RPM		LES MILLS RPM				
6.15pm							