

CAMBRIDGE FITNESS

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