



# MATT GRIFFIN GROUP EXERCISE SCHEDULE

**MAY  
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00–9:00am</b> <b>CARDIO</b> <b>KICKBOXING</b> Johnny - WS1 No Class 5/29	<b>8:15–9:15am</b> LES MILLS <b>BODYPUMP</b> Fern - WS1	<b>8:00–9:00am</b> <b>CARDIO</b> <b>KICKBOXING</b> Johnny - WS1	<b>8:15–9:15am</b> LES MILLS <b>BODYPUMP</b> Fern - WS1		
	<b>9:00–10:00am</b> <b>AQUA FITNESS</b> Laura - Pool No class 5/9 & 5/23		<b>9:00–10:00am</b> <b>AQUA FITNESS</b> Laura - Pool No class 5/18 & 5/25		<b>8:45–9:45am</b> <b>ZUMBA</b> Raquel - WS1
<b>9:15–10:15am</b> <b>AOA CARDIO</b> <b>STRENGTH</b> Philomena - WS1 No class 5/29	<b>9:30–10:30am</b> <b>STRECHING</b> Philomena - WS1	<b>9:15–10:15am</b> <b>AOA CARDIO</b> <b>STRENGTH</b> Philomena - WS1	<b>9:30–10:30am</b> <b>STRETCHING</b> Philomena - WS1	<b>9:15–10:15am</b> <b>AOA CARDIO</b> <b>STRENGTH</b> Philomena- WS1	<b>10:00–11:00am</b> LES MILLS <b>BODYPUMP</b> Mika - WS1
	<b>10:15–11:15am</b> <b>ARTHRITIS &amp; INJURY</b> <b>AQUA FITNESS</b> Laura - Pool No class 5/9 & 5/23		<b>10:15–11:15am</b> <b>ARTHRITIS &amp; INJURY</b> <b>AQUA FITNESS</b> Laura - Pool No class 5/18 & 5/25		
	<b>10:45–11:45am</b> <b>AOA CHAIR</b> <b>STRENGTH</b> Philomena- WS1		<b>10:45–11:45am</b> <b>AOA CHAIR</b> <b>STRENGTH</b> Philomena - WS1		
					<b>SUNDAY</b>
<b>4:00–5:00pm</b> <b>STRENGTH</b> <b>TRAINING</b> Colin - WS1		<b>4:00–5:00pm</b> <b>STRENGTH</b> <b>TRAINING</b> Colin - WS1			
<b>5:30–6:30pm</b> LES MILLS <b>BODYPUMP</b> Ar - WS1	<b>5:30–6:15pm</b> LES MILLS <b>RPM</b> Barbara - WS2	<b>5:30–6:30pm</b> LES MILLS <b>BODYPUMP</b> Mika - WS1	<b>5:00–6:00pm</b> <b>YOGA</b> Alli - RS	<b>5:30–6:15pm</b> LES MILLS <b>RPM</b> Barbara - WS2	<b>12:00–1:00pm</b> <b>YOGA</b> Lorenzo - RS
	<b>6:15–7:15pm</b> <b>ZUMBA</b> Raquel - WS1		<b>6:15–7:15pm</b> <b>ZUMBA</b> Kam - WS1	<b>6:15–7:15pm</b> <b>STRONG NATION®</b> Mika - WS1	<b>12:00–12:45pm</b> LES MILLS <b>RPM</b> Barbara - WS2
					<b>1:00–1:30pm</b> LES MILLS <b>BODYPUMP</b> Barbara - WS1

Schedule may change without notice.

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