

























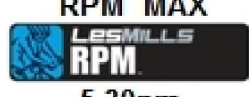









# QUEENSTOWN GYM TIMETABLE

Level 2 , 53 Shotover Street Queenstown Phone 03 409 0222 - [www.queenstowngym.co.nz](http://www.queenstowngym.co.nz)

	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKEND	Saturday	Sunday	QUEENSTOWN GYM GROUP FITNESS TIMETABLE	
6:15AM	 <b>LES MILLS BODYPUMP</b> 6:45am	 <b>LES MILLS RPM</b>	 <b>LES MILLS BODYPUMP</b>	 <b>LES MILLS RPM</b> 6:45am	 <b>LES MILLS RPM</b>		10.00am	 <b>LES MILLS BODYPUMP</b>		 <b>LES MILLS RPM</b>
10 AM FREE Child Care	 <b>LES MILLS BODYPUMP</b>	 <b>YOGA</b>  <b>LES MILLS RPM</b>	 <b>LES MILLS BODYPUMP</b>	 <b>YOGA</b>	 <b>LES MILLS CXWORX</b>					
12:05PM FREE Child Care	 <b>LES MILLS BODYSTEP</b>	 <b>LES MILLS BODYPUMP</b>	 <b>LES MILLS RPM</b>	 <b>LES MILLS BODYPUMP</b>	 <b>LES MILLS RPM</b>					
		 <b>LES MILLS BODYBALANCE</b>	 <b>LES MILLS CXWORX</b> 12:15	 <b>LES MILLS BODYCOMBAT</b>						
5:30PM	 <b>LES MILLS BODYPUMP</b>	 <b>LES MILLS BODYCOMBAT</b>	 <b>LES MILLS BODYJAM</b>	 <b>LES MILLS BODYPUMP</b>	<b>PILATES</b>		5:30pm			
5:40PM	 <b>LES MILLS RPM</b> 5.30pm	<b>RPM MAX</b>  <b>LES MILLS RPM</b> 5.30pm	 <b>LES MILLS RPM</b>	 <b>LES MILLS RPM</b>			 <b>YOGA</b>			
6:30PM	 <b>YOGA</b>	 <b>LES MILLS CXWORX</b>	 <b>LES MILLS BODYBALANCE</b>	 <b>LES MILLS BODYATTACK</b>						
<p><b>Parents you asked for it and now its here...</b>  <b>Lunch Time Child Care</b>                      Monday to Friday From 9:45am till 11:15am and                      11.45am till 1.15pm</p>					<p><b>BRING A FRIEND FOR FREE!!!</b>                      Check out our monthly specials!</p>					

Gym Opening Hours: Mon - Fri 6am to 9pm ~ Sat 8.30am to 7pm ~ Sun 10am to 7pm