

CoGD Lunchbox Group Fitness Classes

Please see eligible Group Fitness Classes for CoGD Lunchbox Group members.

Monday

6:00am RPM (starts 22/5)
6:30pm SELcius- BOX (starts 29/5)

Tuesday

6:00am SELcius (starts 29/5)
7:00pm Body Balance (starts 29/5)
7:20pm Coach by Colour Cycle (starts 22/5)

Wednesday

6:00am RPM (starts 22/5)
6:00pm Body Pump
6:50pm Les Mills CORE

Thursday

6:50pm Body Pump
7:30pm Yoga

Friday

6:00am Les Mills CORE
5:30pm Body Balance

Saturday

8:35am RPM (starts 22/5)

Sunday

10:20am Body Pump (starts 29/5)