

TEAM TRAINING @ LES MILLS EXTREME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
615AM						7AM		
715AM						9AM		
930AM						10AM		
1130AM						1215PM		
1215PM								
515PM								
615PM								



ENLIST AT
RECEPTION.





**LES MILLS BOOTCAMP® FEB 11TH. ENLIST ONLINE
WWW.LESMILLS.CO.NZ OR AT RECEPTION**