



<b>3:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	
<b>4:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	Release #70
<b>5:00pm</b>		Release #73		Release #68	Release #74	Release #72	Release #70
<b>6:00pm</b>		Release #73			Release #74	Release #72	Release #70
<b>7:00pm</b>	Release #75	Release #73	Release #71		Release #74	Release #72	Release #70
<b>8:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	Release #70
<b>9:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	Release #70
<b>10:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	Release #70
<b>11:00pm</b>	Release #75	Release #73	Release #71	Release #68	Release #74	Release #72	Release #70

For your convenience, CBJ the Health Club is pleased to offer a range of Les Mills Virtual RPM classes available around the clock! These classes are presented on the screen at the front of the cycle studio according to the timetable above. Instructed by the best instructors from Les Mills International, each release offers new music, new faces and fresh motivation. This provides you with a safe and EFFECTIVE workout every single time. Try a class today and see how it changes your fitness!

\*\* All classes are 45 minutes long

