

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:15AM LES MILLS GRIT SERIES Ruth	6:00-6:30AM LES MILLS sprint Ruth		6:00-6:30AM LES MILLS sprint Ruth	6:00-6:30AM LES MILLS CORE Annette		
6:00-6:45AM LES MILLS RPM Michelle	6:00-7:00AM LES MILLS BODYPUMP Paula M	6:00-6:45AM LES MILLS RPM Kathy	6:00-7:00AM LES MILLS BODYPUMP Megan	6:00-6:45AM LES MILLS RPM Kathy		
6:30-7:30AM YOGA Abbey	8:30-9:15AM LES MILLS RPM Paula L	6:00 - 6:30AM LES MILLS GRIT SERIES Ruth			7:30-8:30AM LES MILLS RPM (enduro) Katrina	
8:30-9:15AM LES MILLS RPM Kathy	9:00-9:45AM AQUA Jovi	9:00-9:45AM AQUA Maria	9:00-9:45AM AQUA Nicole	9:00-9:45AM AQUA NICOLE	8:30-9:30AM LES MILLS BODYSTEP Alana	9:00-9:30AM LES MILLS BODYPUMP Alana
9:00-9:45AM AQUA Nicole	9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:15-10:15AM LES MILLS BODYPUMP Kirstie	9:15-10:00AM LES MILLS RPM Paula L	9:15-10:00 LES MILLS RPM Paula L	9:00-9:45AM AQUA Ash	9:30-10:00AM LES MILLS CORE Alana
9:15-10:15AM LES MILLS BODYPUMP Kirstie	9:45-10:15AM LES MILLS CORE Kirstie			9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:30-10:30AM LES MILLS BODYPUMP Paula M	9:30-10:00AM LES MILLS sprint Paula L
10:30-11:15AM AQUA Jovi		10:30-11:15AM AQUA Nicole	10:00-11:00AM PILATES Claudia	9:45-10:15AM LES MILLS CORE Kirstie		10:15-11:15AM LES MILLS BODYBALANCE Paula L
10:30-11:30AM LES MILLS BODYBALANCE Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie	11:30-12:15PM Senior Circuit Nicole	10:30-11:30AM LES MILLS BODYBALANCE Kirstie		
11:45-12:30PM Senior Circuit Nicole	1:00-2:00PM PILATES Paula	1:00-2:00PM PILATES Linda	1:00-2:00PM LES MILLS BODYBALANCE Kirstie	10:30-11:15AM AQUA Maria		
1:00-2:00PM YOGA Curly				11:45-12:30PM Senior Circuit Nicole		
	4:00-4:45PM LES MILLS BODYPUMP Justine					4:00-5:30PM YOGA Estelle
5:30-6:00PM LES MILLS BODYPUMP Alana/Annette	5:30-6:15PM HPC Circuit Steve in HPC	5:30-6:00PM AQUA SMASH Nicole	5:30-6:30PM LES MILLS BODYPUMP Alana	4:00-4:45PM LES MILLS RPM Kathy		
6:00-6:30PM LES MILLS CORE Alana/Annette	5:30 - 6:30PM LES MILLS BODYSTEP Alana	5:30-6:00PM LES MILLS CORE Alana	6:15-7:00PM AQUA Ash	4:15-5:15PM LES MILLS BODYCOMBAT Emma		
6:00-6:30PM LES MILLS sprint Kathy	6:15-7:00PM AQUA Asn	5:30-6:15PM SPIN Dee	6:30-7:30PM BOXFIT Tash in HPC	5:15-6:00PM LES MILLS BODYPUMP Alana		
6:15-7:00PM AQUA Nicole	6:30-7:30PM BOXFIT Tash in HPC	6:00-7:00PM LES MILLS BODYCOMBAT Paula M	6:30-7:30PM LATIN DANCE Paula S			
6:40-7:30PM PILATES Katie			7:30-8:45PM YOGA Estelle			