

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45AM LES MILLS RPM Michelle	6:00-6:30AM LES MILLS sprint Ruth	5:10-5:55AM SPIN Craig	6:00-6:30AM LES MILLS sprint Ruth	6:00-6:30AM LES MILLS CXWORX Ruth		
6:30-7:30AM YOGA Lauren	6:00-7:00AM LES MILLS BODYPUMP Paula M	6:00-6:45AM LES MILLS RPM Natalie	6:00-7:00AM LES MILLS BODYPUMP Megan	6:00-6:45AM LES MILLS RPM Kathy	7:30-8:15AM HPC Circuit Steve in HPC	
8:30-9:15AM LES MILLS RPM Paula L	8:30-9:15AM LES MILLS RPM Paula L	6:00 - 6:30AM LES MILLS GRIT SERIES Ruth		9:00-9:45AM AQUA Nicole	7:30-8:30AM LES MILLS RPM (enduro) Katrina	
9:00-9:45AM AQUA Nicole	9:00-9:45AM AQUA Katie	9:00-9:45AM AQUA Maria	9:00-9:45AM AQUA Nicole	9:15-10:00AM LES MILLS RPM Natalie	8:30-9:30AM LES MILLS BODYSTEP Paula M	9:00-9:30AM LES MILLS BODYPUMP Alana
9:15-10:15AM LES MILLS BODYPUMP Kirstie	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	9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:00-9:45AM AQUA Ash	9:30-10:00AM LES MILLS CXWORX Alana
	9:45-10:15AM LES MILLS CXWORX Kirstie			9:45-10:15AM LES MILLS CXWORX Kirstie	9:30-10:30AM LES MILLS BODYPUMP Paula M	9:30-10:00AM LES MILLS sprint Paula L
10:15-11:15AM LES MILLS BODYBALANCE Kirstie	10:15-11:15AM LES MILLS BODYBALANCE Kirstie	10:15-11:15AM LES MILLS BODYBALANCE Kirstie	10:00-11:00AM PILATES Claudia	10:15-11:15AM LES MILLS BODYBALANCE Kirstie		10:15-11:15AM LES MILLS BODYBALANCE Paula L
10:30-11:15AM AQUA Carla		10:30-11:15AM AQUA Nicole	11:30-12:15PM Senior Circuit Nicole	10:30-11:15AM AQUA Paula M		
11:30-12:15PM Senior Circuit Nicole						
1:00-2:00PM YOGA Curly	1:00-2:00PM PILATES Paula M	1:00-2:30PM YOGA Curly	1:00-2:00PM LES MILLS BODYBALANCE Kirstie	4:00-4:45PM LES MILLS RPM Kathy		
5:30-6:00PM LES MILLS BODYPUMP AlanaAnnette	4:00-4:45PM LES MILLS BODYPUMP Alana	5:30-6:30PM LES MILLS BODYCOMBAT Paula M	5:30-6:30PM LES MILLS BODYPUMP Alana	4:15-5:15PM LES MILLS BODYCOMBAT Emma		4:00-5:30PM YOGA Estelle
6:00-6:30PM LES MILLS CXWORX Alana/Annette	5:30 - 6:30PM LES MILLS BODYSTEP Alana	5:30-6:15PM LES MILLS RPM Kathy		5:15-6:00PM LES MILLS BODYPUMP Alana		
6:15-7:00PM AQUA Nicole		6:15-7:00PM AQUA Maria	6:30-7:30PM ZUMBA FITNESS Paula M			
6:30-7:30PM PILATES Katie	6:30-7:30PM YOGA Abbey	6:30-7:30PM YOGA Michelle T				
6:35-7:35PM BOXFIT Tash in HPC		6:35-7:35PM BOXFIT Tash in HPC				