

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:30AM 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		
	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 Tasha	9:00-9:45AM AQUA Chris	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	
9:00-9:45AM 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		
9:15-10:15AM LES MILLS BODYPUMP Kirstie	9:45-10:15AM LES MILLS CORE Kirstie		10:30-11:15AM AQUA Chris	9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:45-10:45AM LES MILLS BODYPUMP Paula M	9:15-10:00AM LES MILLS RPM Paula L
10:30-11:15AM AQUA Jovi		10:30-11:15AM AQUA Nicole	11:30-12:15PM Senior Circuit Nicole	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	12:20-1:00PM PUMP/CORE COMBO Kirstie	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	4:00-5:00PM YOGA Louise	4:00-5:00PM YOGA Louise	1:00-2:00PM PILATES Katie		
5:30-6:00PM LES MILLS BODYPUMP Alana/Annette	5:30-6:15PM LES MILLS RPM Chris					4:00-5:30PM YOGA Estelle
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	5:30-6:30PM LES MILLS BODYPUMP Alana	4:10-5:10PM LES MILLS BODYCOMBAT Emma		
	6:15-7:00PM AQUA Chris		6:15-7:00PM AQUA Chris	5:20-6:05PM LES MILLS BODYPUMP Alana		
		6:00-7:00PM LES MILLS BODYCOMBAT Emma				
6:40-7:40PM PILATES Katie	6:30-7:30PM BOXFIT Tash in HPC	7:30-8:30PM YOGA Ana	6:30-7:30PM BOXFIT Tash in HPC			