

| 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 Chris | 6:00 - 6:30AM LES MILLS GRIT SERIES Sam | | 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 Carla | 9:00-9:45AM AQUA Maria | 9:00-9:45AM AQUA Nicole | 9:15-10:00AM LES MILLS RPM Ann | 8:30-9:30AM LES MILLS BODYCOMBAT 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 Michelle D | 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 Ann | | 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 Annette/Ngawai | 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 Annette/Ngawai | 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 Michelle D | 6:30-7:30PM ZUMBA FITNESS Paula M | | | |
| 6:30-7:30PM PILATES Paula M | 6:30-7:30PM YOGA Ann/Abbey | 6:30-7:30PM YOGA Michelle T | | | | |
| 6:35-7:35PM BOXFIT Tash in HPC | | 6:35-7:35PM BOXFIT Tash in HPC | | | | |