

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