

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		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> Abbey	6:00-7:00AM <b>LES MILLS BODYPUMP</b> Paula M	6:00-6:45AM <b>LES MILLS RPM</b> Kathy	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> Paula L	6:00 - 6:30AM <b>LES MILLS GRIT</b>   SERIES Ruth			7:30-8:30AM <b>LES MILLS RPM (enduro)</b> Katrina	
9:00-9:45AM <b>AQUA</b> Nicole	9:00-9:45AM <b>AQUA</b> Katie	9:00-9:45AM <b>AQUA</b> Maria	9:00-9:45AM <b>AQUA</b> Nicole	9:00-9:45AM <b>AQUA</b> NICOLE	8:30-9:30AM <b>LES MILLS BODYSTEP</b> Alana	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	9:15-10:00 <b>LES MILLS RPM</b> Paula L	9:00-9:45AM <b>AQUA</b> Ash	9:30-10:00AM <b>LES MILLS CXWORX</b> Alana
	9:45-10:15AM <b>LES MILLS CXWORX</b> Kirstie			9:15-9:45AM <b>LES MILLS BODYSTEP</b> Kirstie	9:30-10:30AM <b>LES MILLS BODYPUMP</b> Paula M	9:30-10:00AM <b>LES MILLS sprint</b> Paula L
10:30-11:15AM <b>AQUA</b> Katie		10:30-11:15AM <b>AQUA</b> Nicole	10:00-11:00AM <b>PILATES</b> Claudia	9:45-10:15AM <b>LES MILLS CXWORX</b> Kirstie		10:15-11:15AM <b>LES MILLS BODYBALANCE</b> Paula L
10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	11:30-12:15PM <b>Senior Circuit</b> Nicole	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie		
11:45-12:30PM <b>Senior Circuit</b> Nicole	1:00-2:00PM <b>PILATES</b> Paula M	1:00-2:00PM <b>YOGA</b> Michelle T	1:00-2:00PM <b>LES MILLS BODYBALANCE</b> Kirstie	10:30-11:15AM <b>AQUA</b> Paula M		
	4:00-4:45PM <b>LES MILLS BODYPUMP</b> Alana			4:00-4:45PM <b>LES MILLS RPM</b> Kathy		4:00-5:30PM <b>YOGA</b> Estelle
5:30-6:00PM <b>LES MILLS BODYPUMP</b> Alana/Annette		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		
6:00-6:30PM <b>LES MILLS CXWORX</b> Alana/Annette	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> Maria	6:30-7:30PM <b>ZUMBA FITNESS</b> Paula M			
6:45-7:45PM <b>PILATES</b> Katie						