

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|--|--|--|--|---|--|
| 5:45 - 6:15AM<br><b>LES MILLS GRIT</b> SERIES<br>Ruth     | 6:00-6:30AM<br><b>LES MILLS sprint</b><br>Ruth           |  | 6:00-6:30AM<br><b>LES MILLS sprint</b><br>Ruth         | 6:00-6:30AM<br><b>LES MILLS CORE</b><br>Annette          |   |  |
| 6:00-6:45AM<br><b>LES MILLS RPM</b><br>Michelle           | 6:00-7:00AM<br><b>LES MILLS BODYPUMP</b><br>Paula M      | 6:00-6:45AM<br><b>LES MILLS RPM</b><br>Kathy             | 6:00-7:00AM<br><b>LES MILLS BODYPUMP</b><br>Megan      | 6:00-6:45AM<br><b>LES MILLS RPM</b><br>Kathy             |   |  |
|   | 8:30-9:15AM<br><b>LES MILLS RPM</b><br>Paula L           | 6:00 - 6:30AM<br><b>LES MILLS GRIT</b> SERIES<br>Ruth    |  |  | 7:30-8:30AM<br><b>LES MILLS RPM</b> (enduro)<br>Katrina |  |
| 8:30-9:15AM<br><b>LES MILLS RPM</b><br>Kathy              | 9:00-9:45AM<br><b>AQUA</b><br>Cnris                      | 9:00-9:45AM<br><b>AQUA</b><br>Maria                      | 9:00-9:45AM<br><b>AQUA</b><br>Nicole                   | 9:00-9:45AM<br><b>AQUA</b><br>Nicole                     | 8:30-9:30AM<br><b>LES MILLS BODYSTEP</b><br>Alana       |  |
| 9:00-9:45AM<br><b>AQUA</b><br>NICOLE                      | 9:15-9:45AM<br><b>LES MILLS BODYSTEP</b><br>Kirstie      | 9:15-10:15AM<br><b>LES MILLS BODYPUMP</b><br>Kirstie     | 9:15-10:00AM<br><b>LES MILLS RPM</b><br>Paula L        | 9:15-10:00<br><b>LES MILLS RPM</b><br>Paula L            |   |  |
| 9:15-10:15AM<br><b>LES MILLS BODYPUMP</b><br>Kirstie      | 9:45-10:15AM<br><b>LES MILLS CORE</b><br>Kirstie         |  |  | 9:15-9:45AM<br><b>LES MILLS BODYSTEP</b><br>Kirstie      | 9:45-10:45AM<br><b>LES MILLS BODYPUMP</b><br>Paula M    | 9:15-10:00AM<br><b>LES MILLS RPM</b><br>Paula L          |
| 10:30-11:15AM<br><b>AQUA</b><br>Jovi                      |  | 10:30-11:15AM<br><b>AQUA</b><br>Nicole                   |  | 9:45-10:15AM<br><b>LES MILLS CORE</b><br>Kirstie         |   | 10:15-11:15AM<br><b>LES MILLS BODYBALANCE</b><br>Paula L |
| 10:30-11:30AM<br><b>LES MILLS BODYBALANCE</b><br>Kirstie  | 10:30-11:30AM<br><b>LES MILLS BODYBALANCE</b><br>Kirstie | 10:30-11:30AM<br><b>LES MILLS BODYBALANCE</b><br>Kirstie | 11:30-12:15PM<br><b>Senior Circuit</b><br>Nicole       | 10:30-11:30AM<br><b>LES MILLS BODYBALANCE</b><br>Kirstie |   |  |
| 11:45-12:30PM<br><b>Senior Circuit</b><br>Nicole          | 1:00-2:00PM<br><b>PILATES</b><br>Paula                   | 1:00-2:00PM<br><b>PILATES</b><br>Linda                   | 1:00-2:00PM<br><b>LES MILLS BODYBALANCE</b><br>Kirstie | 10:30-11:15AM<br><b>AQUA</b><br>Maria                    |   |  |
| 1:00-2:00PM<br><b>YOGA</b><br>curly                       |  |  |  | 11:45-12:30PM<br><b>Senior Circuit</b><br>Nicole         |   |  |
|   | 4:00-4:45PM<br><b>LES MILLS BODYPUMP</b><br>Justine      | 4:00-5:00PM<br><b>YOGA</b><br>Louise                     | 4:00-5:00PM<br><b>YOGA</b><br>Louise                   | 1:00-2:00PM<br><b>PILATES</b><br>Katie                   |   |  |
| 5:30-6:00PM<br><b>LES MILLS BODYPUMP</b><br>Alana/Annette | 5:30-6:15PM<br><b>LES MILLS RPM</b><br>Kathy             |  | 5:30-6:15PM<br><b>LES MILLS RPM</b><br>Kathy           |  |   | 4:00-5:30PM<br><b>YOGA</b><br>Estelle                    |
| 6:00-6:30PM<br><b>LES MILLS CORE</b><br>Alana/Annette     | 5:30 - 6:30PM<br><b>LES MILLS BODYSTEP</b><br>Alana      | 5:30-6:00PM<br><b>LES MILLS CORE</b><br>Alana            | 5:30-6:30PM<br><b>LES MILLS BODYPUMP</b><br>Alana      | 4:10-5:10PM<br><b>LES MILLS BODYCOMBAT</b><br>Emma       |   |  |
|   | 6:15-7:00PM<br><b>AQUA</b><br>Cnris                      |  | 6:15-7:00PM<br><b>AQUA</b><br>Cnris                    | 5:20-6:05PM<br><b>LES MILLS BODYPUMP</b><br>Alana        |   |  |
|   | 6:45-7:45PM<br><b>LATIN DANCE</b><br>Paula S             | 6:00-7:00PM<br><b>LES MILLS BODYCOMBAT</b><br>Emma       | 6:45-7:45PM<br><b>LATIN DANCE</b><br>Paula S           |  |   |  |
| 6:40-7:40PM<br><b>PILATES</b><br>Katie                    | 6:30-7:30PM<br><b>BOXFIT</b><br>Tash in HPC              | 7:30-8:30PM<br><b>YOGA</b><br>Nickee                     | 6:30-7:30PM<br><b>BOXFIT</b><br>Tash in HPC            |  |   |  |