

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