

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:15AM LES MILLS GRIT SERIES Ruth	6:00-6:30AM LES MILLS sprint Ruth		6:00-6:30AM LES MILLS sprint Ruth	6:00-6:30AM LES MILLS CORE Annette		
6:00-6:45AM LES MILLS RPM Michelle	6:00-7:00AM LES MILLS BODYPUMP Paula M	6:00-6:45AM LES MILLS RPM Kathy	6:00-7:00AM LES MILLS BODYPUMP Megan	6:00-6:45AM LES MILLS RPM Kathy		
	8:30-9:15AM LES MILLS RPM Paula L	6:00 - 6:30AM LES MILLS GRIT SERIES Ruth			7:30-8:30AM LES MILLS RPM (enduro) Katrina	
8:30-9:15AM LES MILLS RPM Kathy	9:00-9:45AM AQUA Jovi	9:00-9:45AM AQUA Maria	9:00-9:45AM AQUA Nicole	9:00-9:45AM AQUA Nicole	8:30-9:30AM LES MILLS BODYSTEP Alana	9:00-9:30AM LES MILLS BODYPUMP Alana
	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	9:15-10:00 LES MILLS RPM Paula L	9:00-9:45AM AQUA Michelle	9:40-10:10AM LES MILLS CORE Alana
9:15-10:15AM LES MILLS BODYPUMP Kirstie	9:55-10:25AM LES MILLS CORE Kirstie		10:30-11:15AM AQUA Nicole	9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:45-10:45AM LES MILLS BODYPUMP Paula M	9:30-10:00AM LES MILLS sprint Paula L
10:30-11:15AM AQUA Jovi		10:30-11:15AM AQUA Nicole		9:55-10:25AM LES MILLS CORE Kirstie		10:20-11:20AM LES MILLS BODYBALANCE Paula L
10:30-11:30AM LES MILLS BODYBALANCE Kirstie	10:35-11:35AM LES MILLS BODYBALANCE Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie	11:30-12:15PM Senior Circuit Nicole	10:35-11:35AM LES MILLS BODYBALANCE Kirstie		
11:45-12:30PM Senior Circuit Nicole	1:00-2:00PM PILATES Paula	1:00-2:00PM PILATES Linda	1:00-2:00PM LES MILLS BODYBALANCE Kirstie	10:30-11:15AM AQUA Maria		
1:00-2:00PM YOGA curly				11:45-12:30PM Senior Circuit Nicole		
	4:00-4:45PM LES MILLS BODYPUMP Justine	4:00-5:00PM YOGA Louise	4:00-5:00PM YOGA Louise	1:00-2:00PM PILATES Katie		
5:30-6:00PM LES MILLS BODYPUMP Alana/Annette			5:30-6:30PM LES MILLS BODYPUMP Alana			
6:10-6:40PM LES MILLS CORE Alana/Annette	5:30 - 6:30PM LES MILLS BODYSTEP Alana	5:30-6:00PM LES MILLS CORE Alana		4:10-5:10PM LES MILLS BODYCOMBAT Emma		
	7:15-8:00PM AQUA Nicole	5:30-6:15PM LES MILLS RPM Kathy	7:15-8:00PM AQUA Nicole	5:20-6:05PM LES MILLS BODYPUMP Alana		
	6:45-7:45PM LATIN DANCE Paula S	6:00-7:00PM LES MILLS BODYCOMBAT Emma	6:45-7:45PM LATIN DANCE Paula S			
6:50-7:40PM PILATES Katie		7:30-8:30PM YOGA Nickee				