

CLASS TIMETABLE



MON	TUES	WED	THURS	FRI	SAT	SUN
5.15 - 5.45am LES MILLS BODYPUMP VIRTUAL	5.15 - 5.45am LES MILLS CORE VIRTUAL	5.15 - 5.45am LES MILLS BODYPUMP VIRTUAL	5.15 - 5.45am LES MILLS GRIT® SERIES VIRTUAL	5.15 - 5.45am LES MILLS BODYPUMP VIRTUAL		
6.00 - 6.45am LES MILLS RPM® KATRINA	6.00 - 6.30am LES MILLS SPRINT RUTH	6.00 - 6.45am LES MILLS RPM® KATHY	6.00 - 6.30am LES MILLS SPRINT RUTH	6.00 - 6.45am LES MILLS RPM® KATHY		
6.00 - 6.30am LES MILLS GRIT® SERIES RUTH	6.00 - 6.45am LES MILLS BODYPUMP JUSTINE/HENRY	6.00 - 6.30am LES MILLS GRIT® SERIES RUTH	6.00 - 6.45am LES MILLS BODYPUMP JUSTINE/HENRY	6.00 - 6.30am LES MILLS CORE ANNETTE		
7.00 - 8.00am LES MILLS BODYPUMP VIRTUAL	7.00 - 8.00am STRENGTH AND CONDITIONING ERIKA IN HPC	7.00 - 8.00am LES MILLS BODYPUMP VIRTUAL	7.00 - 8.00am STRENGTH AND CONDITIONING ERIKA IN HPC	7.00 - 8.00am LES MILLS BODYPUMP VIRTUAL	7.15 - 8.00am LES MILLS RPM® ENDURO KATRINA	
8.00 - 8.45am LES MILLS BODYBALANCE VIRTUAL	7.00 - 8.00am PILATES KATIE	7.00 - 7.45am RPM VIRTUAL	7.00 - 8.00am LES MILLS BODYBALANCE VIRTUAL	8.00 - 8.45am LES MILLS BODYBALANCE VIRTUAL	7.30 - 8.00am LES MILLS GRIT® SERIES VIRTUAL	
	8.15 - 8.45am LES MILLS GRIT® SERIES VIRTUAL	8.00 - 8.45am LES MILLS BODYBALANCE VIRTUAL	8.00 - 8.30am LES MILLS GRIT® SERIES VIRTUAL		8.00 - 8.30am LES MILLS CORE VIRTUAL	
8.30 - 9.15am LES MILLS RPM® TASH	8.30 - 9.15am LES MILLS RPM® PAULA L		8.30 - 9.00am LES MILLS CORE VIRTUAL	8.30 - 9.15am LES MILLS RPM® PAULA L		
9.00 - 9.45am AQUA MARISOL	9.00 - 9.45am AQUA MARISOL	9.00 - 9.45am AQUA MARIA	8.30 - 9.15am LES MILLS RPM® PAULA L	9.00 - 9.45am AQUA GENEA	9.00 - 9.45am AQUA GENEA	9.00 - 10.00am LES MILLS BODYPUMP VIRTUAL
9.15 - 10.15am LES MILLS BODYPUMP KIRSTIE	9.15 - 9.45am LES MILLS BODYSTEP KIRSTIE	9.15 - 10.15am LES MILLS BODYPUMP KIRSTIE	9.00 - 9.45am AQUA MARISOL	9.15 - 9.45am LES MILLS BODYSTEP KIRSTIE	9.00 - 10.00am LES MILLS BODYPUMP JUSTINE/HENRY	9.15 - 10.00am LES MILLS RPM® PAULA L
10.30 - 11.15am AQUA JOVI	9.45 - 10.15am LES MILLS CORE KIRSTIE	10.30 - 11.15am AQUA GENEA	9.15 - 10.15am LES MILLS BODYPUMP VIRTUAL	9.45 - 10.15am LES MILLS CORE KIRSTIE	10.15 - 11.15am LES MILLS BODYBALANCE VIRTUAL	10.15 - 11.15am LES MILLS BODYBALANCE PAULA L
10.30 - 11.30am LES MILLS BODYBALANCE KIRSTIE	10.30 - 11.30am LES MILLS BODYBALANCE KIRSTIE	10.30 - 11.30am LES MILLS BODYBALANCE KIRSTIE		10.30 - 11.15am AQUA MARIA		
11.45 - 12.30pm SENIOR CIRCUIT GENEA	1.00 - 2.00pm PILATES PAULA S		11.15 - 12.00pm SENIOR CIRCUIT PAULA S	10.30 - 11.30am LES MILLS BODYBALANCE KIRSTIE		
12.00 - 12.30pm SPRINT VIRTUAL	2.15 - 3.15pm YOGA HANNAH	12.00 - 12.30pm SPRINT VIRTUAL	12.00 - 12.45pm THE TRIP VIRTUAL	11.45 - 12.30pm SENIOR CIRCUIT PAULA S		
	4.00 - 4.45pm LES MILLS BODYPUMP JUSTINE		12.20 - 1.00pm LES MILLS PUMP/CORE KIRSTIE	12.00 - 12.30pm SPRINT VIRTUAL		
1.15 - 2.15pm YOGA HANNAH	4.45 - 5.30pm RPM VIRTUAL	1.00 - 2.00pm PILATES LINDA	1.00 - 2.00pm LES MILLS BODYBALANCE KIRSTIE	1.00 - 2.00pm PILATES PAULA S		3.00-3.45pm LES MILLS BODYPUMP VIRTUAL
4.00 - 5.00pm LES MILLS BODYBALANCE VIRTUAL	5.15 - 5.45pm LES MILLS GRIT® SERIES NICOLA	4.00 - 5.00pm YOGA JUSTINE	4.00 - 5.00pm YOGA HANNAH	4.00 - 5.00pm LES MILLS BODYBALANCE VIRTUAL		4.00 - 5.00pm YOGA CHARLOTTE
5.30 - 6.00pm LES MILLS BODYPUMP ANNETTE	5.30 - 6.30pm BOXFIT ANDREW IN HPC	5.30-6.30pm LES MILLS BODYPUMP VIRTUAL	5.30 - 6.30pm LES MILLS BODYPUMP JUSTINE	4.45 - 5.30pm RPM VIRTUAL	4.45 - 5.30pm RPM VIRTUAL	4.45 - 5.30pm RPM VIRTUAL
6.00 - 6.30pm LES MILLS CORE ANNETTE	5.30 - 6.15pm AQUA GENEA	5.30 - 6.00pm AQUA GENEA	6.00 - 6.45pm AQUA BEX	5.30-6.30pm LES MILLS BODYPUMP VIRTUAL		5.15 - 6.00pm LES MILLS DANCE VIRTUAL
6.00 - 6.45pm THE TRIP VIRTUAL	6.00 - 6.30pm LES MILLS CORE BEN	5.30 - 6.15pm LES MILLS RPM® DAVE	6.00 - 6.45pm THE TRIP VIRTUAL	6.00 - 6.45pm THE TRIP VIRTUAL	6.00 - 6.45pm THE TRIP VIRTUAL	6.00 - 6.45pm THE TRIP VIRTUAL
6.15 - 7.00pm AQUA GENEA	6.00 - 6.45pm THE TRIP VIRTUAL		6.40 - 7.25pm LES MILLS BODYBALANCE JUSTINE			
6.40 - 7.40pm LES MILLS BODYBALANCE VIRTUAL	6.45 - 7.30pm LES MILLS DANCE VIRTUAL	6.45 - 7.45pm YOGA CHARLOTTE	7.00 - 7.45pm THE TRIP VIRTUAL	6.45 - 7.30pm LES MILLS DANCE VIRTUAL		

*CLASSES ARE FREE FOR ASPIRE MEMBERS