

# CLASS TIMETABLE



| MON                                                           | TUES                                                           | WED                                                           | THURS                                                          | FRI                                                           | SAT                                                             | SUN                                                           |
|---------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|
| 5.15 - 5.45am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 5.15 - 5.45am<br><b>LES MILLS</b><br>CORE<br>VIRTUAL           | 5.15 - 5.45am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 5.15 - 5.45am<br><b>LES MILLS</b><br>GRIT® SERIES<br>VIRTUAL   | 5.15 - 5.45am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      |                                                                 |                                                               |
| 6.00 - 6.45am<br><b>LES MILLS</b><br>RPM®<br>KATRINA          | 6.00 - 6.30am<br><b>LES MILLS</b><br>SPRINT<br>RUTH            | 6.00 - 6.45am<br><b>LES MILLS</b><br>RPM®<br>KATHY            | 6.00 - 6.30am<br><b>LES MILLS</b><br>SPRINT<br>RUTH            | 6.00 - 6.45am<br><b>LES MILLS</b><br>RPM®<br>KATHY            |                                                                 |                                                               |
| 6.00 - 6.30am<br><b>LES MILLS</b><br>GRIT® SERIES<br>RUTH     | 6.00 - 6.45am<br><b>LES MILLS</b><br>BODYPUMP<br>JUSTINE/HENRY | 6.00 - 6.30am<br><b>LES MILLS</b><br>GRIT® SERIES<br>RUTH     | 6.00 - 6.45am<br><b>LES MILLS</b><br>BODYPUMP<br>JUSTINE/HENRY | 6.00 - 6.30am<br><b>LES MILLS</b><br>CORE<br>ANNETTE          |                                                                 |                                                               |
| 7.00 - 8.00am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 7.00 - 8.00am<br>STRENGTH AND<br>CONDITIONING<br>ERIKA IN HPC  | 7.00 - 8.00am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 7.00 - 8.00am<br>STRENGTH AND<br>CONDITIONING<br>ERIKA IN HPC  | 7.00 - 8.00am<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 7.15 - 8.15am<br><b>LES MILLS</b><br>RPM® ENDURO<br>KATRINA     |                                                               |
| 8.00 - 8.45am<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 7.00 - 8.00am<br><b>PILATES</b><br>KATIE                       | 7.00 - 7.45am<br><b>RPM</b><br>VIRTUAL                        | 7.00 - 8.00am<br><b>LES MILLS</b><br>BODYBALANCE<br>PAULA L    | 8.00 - 8.45am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 7.30 - 8.00am<br><b>LES MILLS</b><br>GRIT® SERIES<br>VIRTUAL    | 7.30 - 8.00am<br><b>LES MILLS</b><br>GRIT® SERIES<br>VIRTUAL  |
| 8.30 - 9.15am<br><b>SPINFIT</b><br>TASH                       | 8.15 - 8.45am<br><b>LES MILLS</b><br>GRIT® SERIES<br>VIRTUAL   | 8.00 - 8.45am<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 8.15 - 8.45am<br><b>LES MILLS</b><br>CORE<br>VIRTUAL           |                                                               | 8.15 - 8.45am<br><b>LES MILLS</b><br>CORE<br>VIRTUAL            | 8.00 - 8.30am<br><b>LES MILLS</b><br>CORE<br>VIRTUAL          |
| 9.00 - 9.45am<br><b>AQUA</b><br>MARISOL                       | 8.30 - 9.15am<br><b>LES MILLS</b><br>RPM®<br>PAULA L           |                                                               |                                                                | 9.00 - 9.45am<br><b>AQUA</b><br>GENEA                         |                                                                 |                                                               |
| 9.15 - 10.15am<br><b>LES MILLS</b><br>BODYPUMP<br>KIRSTIE     | 9.00 - 9.45am<br><b>AQUA</b><br>MARISOL                        | 9.00 - 9.45am<br><b>AQUA</b><br>MARIA                         | 8.30 - 9.15am<br><b>LES MILLS</b><br>RPM®<br>PAULA L           | 9.15 - 10.00am<br><b>LES MILLS</b><br>RPM®<br>DAVE            | 9.00 - 9.45am<br><b>AQUA</b><br>GENEA                           | 9.00 - 10.00am<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL     |
| 10.30 - 11.15am<br><b>AQUA</b><br>JOVI                        | 9.15 - 9.45am<br><b>LES MILLS</b><br>BODYSTEP<br>KIRSTIE       | 9.15 - 10.15am<br><b>LES MILLS</b><br>BODYPUMP<br>KIRSTIE     | 9.00 - 9.45am<br><b>AQUA</b><br>MARISOL                        | 9.15 - 9.45am<br><b>LES MILLS</b><br>BODYSTEP<br>KIRSTIE      | 9.00 - 10.00am<br><b>LES MILLS</b><br>BODYPUMP<br>JUSTINE/HENRY | 9.15 - 10.00am<br><b>LES MILLS</b><br>RPM®<br>PAULA L         |
| 10.30 - 11.30am<br><b>LES MILLS</b><br>BODYBALANCE<br>KIRSTIE | 9.45 - 10.15am<br><b>LES MILLS</b><br>CORE<br>KIRSTIE          | 10.30 - 11.15am<br><b>AQUA</b><br>KATIE                       | 9.15 - 10.00am<br><b>LES MILLS</b><br>PUMP/CORE<br>KIRSTIE     | 9.45 - 10.15am<br><b>LES MILLS</b><br>CORE<br>KIRSTIE         | 10.15 - 11.15am<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 10.15 - 11.15am<br><b>LES MILLS</b><br>BODYBALANCE<br>PAULA L |
| 11.45 - 12.30pm<br><b>SENIOR CIRCUIT</b><br>GENEA             | 10.30 - 11.30am<br><b>LES MILLS</b><br>BODYBALANCE<br>KIRSTIE  | 10.30 - 11.30am<br><b>LES MILLS</b><br>BODYBALANCE<br>KIRSTIE | 10.15 - 11.00am<br><b>LES MILLS</b><br>BODYBALANCE<br>KIRSTIE  | 10.30 - 11.15am<br><b>AQUA</b><br>MARIA                       |                                                                 |                                                               |
| 12.00 - 12.30pm<br><b>SPRINT</b><br>VIRTUAL                   | 1.00 - 2.00pm<br><b>PILATES</b><br>PAULA S                     | 11.45 - 12.30pm<br><b>SENIOR CIRCUIT</b><br>GENEA             | 11.15 - 12.00pm<br><b>SENIOR CIRCUIT</b><br>PAULA S            | 10.30 - 11.30am<br><b>LES MILLS</b><br>BODYBALANCE<br>KIRSTIE |                                                                 |                                                               |
| 1.15 - 2.15pm<br><b>YOGA</b><br>HANNAH                        | 2.15 - 3.15pm<br><b>YOGA</b><br>HANNAH                         |                                                               | 12.00 - 12.45pm<br><b>THE TRIP</b><br>VIRTUAL                  | 11.45 - 12.30pm<br><b>SENIOR CIRCUIT</b><br>PAULA S           |                                                                 |                                                               |
| 4.00 - 5.00pm<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 4.00 - 4.45pm<br><b>LES MILLS</b><br>BODYPUMP<br>JUSTINE       | 12.00 - 12.30pm<br><b>SPRINT</b><br>VIRTUAL                   |                                                                | 12.00 - 12.30pm<br><b>SPRINT</b><br>VIRTUAL                   |                                                                 |                                                               |
|                                                               | 4.45 - 5.30pm<br><b>RPM</b><br>VIRTUAL                         | 1.00 - 2.00pm<br><b>PILATES</b><br>LINDA                      |                                                                | 1.00 - 2.00pm<br><b>PILATES</b><br>PAULA S                    | 3.00 - 3.45pm<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL        | 3.00 - 3.45pm<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      |
| 5.30 - 6.00pm<br><b>LES MILLS</b><br>BODYPUMP<br>ANNETTE      | 5.15 - 5.45pm<br><b>LES MILLS</b><br>GRIT® SERIES<br>NICOLA    | 4.00 - 5.00pm<br><b>YOGA</b><br>JUSTINE                       | 4.00 - 5.00pm<br><b>YOGA</b><br>HANNAH                         | 4.00 - 5.00pm<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 4.00 - 5.00pm<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL     | 4.00 - 5.00pm<br><b>YOGA</b><br>ALICE                         |
| 5.45 - 6.30pm<br><b>LES MILLS</b><br>RPM® BEGINNER<br>DAVE    | 5.30 - 6.30pm<br><b>BOXFIT</b><br>ANDREW IN HPC                | 5.30 - 6.30pm<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 5.30 - 6.30pm<br><b>LES MILLS</b><br>BODYPUMP<br>JUSTINE       | 4.45 - 5.30pm<br><b>RPM</b><br>VIRTUAL                        | 4.45 - 5.30pm<br><b>RPM</b><br>VIRTUAL                          | 4.45 - 5.30pm<br><b>RPM</b><br>VIRTUAL                        |
| 6.00 - 6.30pm<br><b>LES MILLS</b><br>CORE<br>ANNETTE          | 5.30 - 6.15pm<br><b>AQUA</b><br>GENEA                          | 5.30 - 6.00pm<br><b>AQUA</b><br>GENEA                         | 6.00 - 6.45pm<br><b>AQUA</b><br>BEX                            | 5.30 - 6.30pm<br><b>LES MILLS</b><br>BODYPUMP<br>VIRTUAL      | 5.15 - 6.00pm<br><b>LES MILLS</b><br>DANCE<br>VIRTUAL           | 5.15 - 6.00pm<br><b>LES MILLS</b><br>DANCE<br>VIRTUAL         |
|                                                               | 6.00 - 6.30pm<br><b>LES MILLS</b><br>CORE<br>BEN               | 5.45 - 6.30pm<br><b>LES MILLS</b><br>RPM®<br>DAVE             | 6.00 - 6.45pm<br><b>THE TRIP</b><br>VIRTUAL                    | 6.00 - 6.45pm<br><b>THE TRIP</b><br>VIRTUAL                   | 6.00 - 6.45pm<br><b>THE TRIP</b><br>VIRTUAL                     | 6.00 - 6.45pm<br><b>THE TRIP</b><br>VIRTUAL                   |
| 6.15 - 7.00pm<br><b>AQUA</b><br>GENEA                         | 6.00 - 6.45pm<br><b>THE TRIP</b><br>VIRTUAL                    |                                                               | 6.40 - 7.25pm<br><b>LES MILLS</b><br>BODYBALANCE<br>JUSTINE    |                                                               |                                                                 |                                                               |
| 6.40 - 7.40pm<br><b>LES MILLS</b><br>BODYBALANCE<br>VIRTUAL   | 6.45 - 7.30pm<br><b>LES MILLS</b><br>DANCE<br>VIRTUAL          | 6.45 - 7.45pm<br><b>YOGA</b><br>ALICE                         | 7.00 - 7.45pm<br><b>THE TRIP</b><br>VIRTUAL                    | 6.45 - 7.30pm<br><b>LES MILLS</b><br>DANCE<br>VIRTUAL         |                                                                 |                                                               |

\*CLASSES ARE FREE FOR ASPIRE MEMBERS