

HOLIDAY CLASS TIMETABLE JAN



MON 29TH	TUES 30TH	WED 31ST	THURS 1ST	FRI 2ND	SAT 3RD	SUN 4TH	
7.00 - 8.00am LES MILLS BODYPUMP VIRTUAL 8.00 - 8.45am LES MILLS BODYBALANCE VIRTUAL 8.30 - 9.15am LES MILLS RPM® DAVE 9.00 - 9.45am AQUA CHRIS 9.15 - 10.15am LES MILLS BODYPUMP BEN 10.30 - 11.30am LES MILLS BODYBALANCE PAULA L 11.45 - 12.30pm SENIOR CIRCUIT GENEA 12.00 - 12.30pm SPRINT VIRTUAL 1.15 - 2.15pm YOGA HANNAH 4.00 - 5.00pm LES MILLS BODYBALANCE VIRTUAL 5.30 - 6.00pm LES MILLS BODYPUMP BEN 5.45 - 6.30pm LES MILLS RPM® BEGINNER DAVE 6.00 - 6.30pm LES MILLS CORE BEN	7.00 - 8.00am LES MILLS BODYBALANCE VIRTUAL 7.30 - 8.30am STRENGTH AND CONDITIONING BEX IN HPC 8.15 - 8.45am LES MILLS GRIT® SERIES VIRTUAL 8.30 - 9.15am LES MILLS RPM® PAULA L 9.15 - 9.45am LES MILLS BODYPUMP BEN 9.45 - 10.15am LES MILLS CORE BEN 10.30 - 11.30am LES MILLS BODYBALANCE PAULA L 10.30 - 11.30am LES MILLS BODYBALANCE VIRTUAL 1.00 - 2.00pm PILATES ERIN 2.15 - 3.15pm YOGA HANNAH 4.45 - 5.30pm RPM VIRTUAL 5.15 - 5:45pm LES MILLS GRIT® SERIES NICOLA 5.30 - 6.30pm BOXFIT ANDREW IN HPC 6.00 - 6.30pm LES MILLS CORE BEN 6.00 - 6.45pm THE TRIP VIRTUAL	7.00 - 8.00am LES MILLS BODYBALANCE VIRTUAL 7.00 - 7.45am RPM VIRTUAL 8.00 - 8.45am LES MILLS BODYPUMP VIRTUAL 9.15 - 10.00am LES MILLS RPM® PAULA L 9.15 - 10.15am LES MILLS BODYPUMP BEN 10.30 - 11.15am AQUA BEX 10.30 - 11.30am LES MILLS BODYBALANCE PAULA L 11.45 - 12:30pm SENIOR CIRCUIT GENEA 12.00 - 12.30pm SPRINT VIRTUAL 1.00 - 2.00pm PILATES LINDA 4.00 - 5.00pm YOGA ALICE 5.30 - 6.30pm LES MILLS BODYPUMP VIRTUAL 5.45 - 6.30pm LES MILLS RPM® DAVE	NEW YEARS DAY - CLOSED		7.00 - 8.00am LES MILLS BODYBALANCE VIRTUAL 8.00 - 8.45am LES MILLS BODYPUMP VIRTUAL 9.15 - 10.00am LES MILLS RPM® DAVE/PAULA L 9.15 - 9.45am LES MILLS BODYPUMP BEN 9.45 - 10.15am LES MILLS CORE BEN 10.30 - 11.30am LES MILLS BODYBALANCE PAULA L 12.00 - 12.30pm SPRINT VIRTUAL 1.00 - 2.00pm PILATES SARAH 4.00 - 5.00pm LES MILLS BODYBALANCE VIRTUAL 4.45 - 5.30pm RPM VIRTUAL 5.30 - 6.30pm LES MILLS BODYPUMP BEN 6.00 - 6.45pm THE TRIP VIRTUAL	7.15 - 8.15am LES MILLS RPM® ENDURO DAVE 7.30 - 8.00am LES MILLS GRIT® SERIES VIRTUAL 8.15 - 8.45am LES MILLS CORE VIRTUAL 9.00 - 9.45am AQUA GENEA 9.00 - 10.00am LES MILLS BODYPUMP HENRY 10.15 - 11.15am LES MILLS BODYBALANCE VIRTUAL 3.00 - 3.45pm LES MILLS BODYPUMP VIRTUAL 4.00 - 5.00pm LES MILLS BODYBALANCE VIRTUAL 4.45 - 5.30pm RPM VIRTUAL 5.15 - 6.00pm LES MILLS DANCE VIRTUAL 6.00 - 6.45pm THE TRIP VIRTUAL	7.30 - 8.00am LES MILLS GRIT® SERIES VIRTUAL 8.00 - 8.30am LES MILLS CORE VIRTUAL 9.00 - 10.00am LES MILLS BODYPUMP VIRTUAL 9.15 - 10.00am LES MILLS RPM® PAULA L 10.15 - 11.15am LES MILLS BODYBALANCE PAULA L 3.00 - 3.45pm LES MILLS BODYPUMP VIRTUAL 4.00 - 5.00pm YOGA ALICE 4.45 - 5.30pm RPM VIRTUAL 5.15 - 6.00pm LES MILLS DANCE VIRTUAL 6.00 - 6.45pm THE TRIP VIRTUAL

*CLASSES ARE FREE FOR ASPIRE MEMBERS