GROUP FITNESS TIMETABLE



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

*CLASSES ARE FREE FOR ASPIRE MEMBERS