

GROUP FITNESS STUDIO

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	WARRIOR WORKOUT JEMAL 60	THE HIT SASHA 60	LESMILLS BODYPUMP™ JANE 60	THE HIT SASHA 60			
6:30am						SPARTAN FRAN 60	
7:30am						LESMILLS BODYCOMBAT™ JANE / VIKKI 60	
8:30am						LESMILLS GRIT STRENGTH JANE / VIKKI 30	LESMILLS BODYATTACK™ BROOKE 60
9:30am	LESMILLS BODYPUMP™ JANE 60	ZUMBA CIELO 60	LESMILLS BODYCOMBAT™ CHANTELL 60	LESMILLS BODYPUMP™ BROOKE H 60	LESMILLS BODYCOMBAT™ VIKKI 60	LESMILLS BODYPUMP™ BROOKE 60	LESMILLS BODYPUMP™ BROOKE 30
10:00am							LESMILLS BODYPUMP™ BROOKE 30
10:30am	LESMILLS CXWORX™ JANE 30	LESMILLS GRIT STRENGTH LEAH 30	LESMILLS BODYPUMP™ MAI/JESS 60	LESMILLS BODYATTACK™ BROOKE A 60	THE HIT VIKKI 60	ZUMBA RUDI 60	LESMILLS BODYBALANCE™ LINDA 60
4:30pm						LESMILLS BODYPUMP™ BROOKE H 60	LESMILLS BODYCOMBAT™ JANE 60
4:45pm	LESMILLS BODYSTEP ELISA 45	LESMILLS BODYCOMBAT™ VIKKI 45	LESMILLS BODYATTACK™ KAROLA 60	LESMILLS BODYSTEP ELISA 45	LESMILLS BODYCOMBAT™ KAROLA 45		
5:30pm	LESMILLS BODYATTACK™ BROOKE 60	LESMILLS BODYPUMP™ BROOKE 60		LESMILLS BODYCOMBAT™ JANE 60	LESMILLS BODYPUMP™ PHIL 60	LESMILLS BODYPUMP™ JANE 60	
5:45pm			LESMILLS GRIT STRENGTH VIKKI 30				
6:30pm	LESMILLS BODYPUMP™ RAY 60	LESMILLS BODYATTACK™ BROOKE 60	LESMILLS BODYCOMBAT™ JANE 60	LESMILLS BODYPUMP™ JANE 60	ZUMBA MARLEE 60		
7:30pm	LESMILLS BODYCOMBAT™ 60	ZUMBA JO 60	LESMILLS BODYPUMP™ BROOKE A 60	ZUMBA RUDI 60	YOGA DADA 60		

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am			SWISS BALL LESLEY 60	YOGA LINDA 60			
5:30pm	ABS FRAN 30		ABS JANE 30		BOXING JEMAL 60		
6:00pm	THE HIT FRAN 30	LESMILLS GRIT STRENGTH VIKKI 30	THE HIT JANE 30				
6:30pm	LESMILLS BODYBALANCE™ LINDA 60	LESMILLS CXWORX™ RAY 30	LESMILLS BODYBALANCE™ LINDA 60	LESMILLS GRIT STRENGTH PHIL 30	LESMILLS CXWORX™ JAKO/PHIL 30		
7:00pm				LESMILLS CXWORX™ PHIL 30			
7:30pm	LESMILLS CXWORX™ RAY 30						

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		LESMILLS RPM™ MICHAEL 45		LESMILLS RPM™ LESLEY 45			
6:30am							
7:30am							LESMILLS RPM™ BROOKE 45
9:00am						LESMILLS SPRINT™ BROOKE 30	
9:30am		LESMILLS RPM™ MEL 45		LESMILLS SPRINT™ BROOKE 30	LESMILLS RPM™ MEL 45		
5:30pm	LESMILLS SPRINT™ JANE 30	LESMILLS SPRINT™ RAY 30					
6:45pm	LESMILLS RPM™ MEL 45		LESMILLS RPM™ MEL 45				