

GROUP FITNESS STUDIO

STUDIO 1 & 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	WARRIOR WORKOUT JANE 60	THE HIIT SASHA 60	LES MILLS BODYPUMP™ JANE 60		THE HIIT SASHA 60		
6:30am						SPARTAN FRAN	
7:30am						LES MILLS BODYCOMBAT™ JANE / VIKKI 60	
8:30am						LES MILLS GRIT™ JANE / VIKKI 30	LES MILLS BODYATTACK™ BROOKE 60
9:30am	LES MILLS BODYPUMP™ CHANTELL 60	ZUMBA SARA 60	LES MILLS BODYCOMBAT™ JANE 60	LES MILLS BODYPUMP™ BROOKE H 60	LES MILLS BODYCOMBAT™ VIKKI 60	LES MILLS BODYPUMP™ BROOKE 60	LES MILLS BODYPUMP™ BROOKE 60
			SWISS BALL CHANTELL STUDIO 2 60	YOGA LINDA STUDIO 2 60			
10:00am							LES MILLS CXWORX BROOKE
10:30am	LES MILLS CXWORX CHANTELL 30	LES MILLS GRIT™ ANNA 30	LES MILLS BODYPUMP™ CHANTELL 60	LES MILLS BODYATTACK™ BROOKE A 60	THE HIIT VIKKI 60	ZUMBA SARA 60	LES MILLS BODYBALANCE™ LINDA 60
3:30pm							
4:30pm						LES MILLS BODYPUMP™ BROOKE H 60	LES MILLS BODYCOMBAT™ JANE 60
4:45pm	LES MILLS BODYSTEP ELISA 45	LES MILLS BODYCOMBAT™ VIKKI 45	LES MILLS BODYATTACK™ KAROLA 45	LES MILLS BODYSTEP ELISA 45	LES MILLS BODYCOMBAT™ KAROLA 45		
5:30pm	LES MILLS BODYATTACK™ BROOKE 60	LES MILLS BODYPUMP™ BROOKE 60	LES MILLS GRIT™ VIKKI 30	LES MILLS BODYCOMBAT™ JANE 60	LES MILLS BODYPUMP™ RAY 60		LES MILLS BODYPUMP™ JANE 60
	ABS CAIN STUDIO 2 30		ABS JANE STUDIO 2 30				
6:00pm	THE HIIT CAIN STUDIO 2 30	LES MILLS GRIT™ VIKKI STUDIO 2 30	THE HIIT JANE STUDIO 2 30		BOXING CHANTELL STUDIO 2 30		
6:30pm	LES MILLS BODYPUMP™ RAY 60	LES MILLS BODYATTACK™ BROOKE 60	LES MILLS BODYCOMBAT™ JANE 60	LES MILLS BODYPUMP™ JANE 60	ZUMBA SARA 60		
	LES MILLS BODYBALANCE™ LINDA STUDIO 2 60	LES MILLS CXWORX™ RAY STUDIO 2 30	LES MILLS BODYBALANCE™ LINDA STUDIO 2 60	LES MILLS GRIT™ PHIL STUDIO 2 30	LES MILLS CXWORX CHANTELL STUDIO 2 30		
7:00pm				LES MILLS CXWORX PHIL STUDIO 2 30			
7:30pm	LES MILLS BODYCOMBAT™ CHANTELL 60	ZUMBA JO 60	LES MILLS BODYPUMP™ PHIL 60	ZUMBA RUDI 60	LES MILLS BODYSTEP ALISON 60		
	LES MILLS CXWORX RAY STUDIO 2 30				YOGA DADA STUDIO 2 60		

STUDIO 3

5:30am		LES MILLS RPM™ LESLEY 45		LES MILLS RPM™ LESLEY 45			
6:30am						LES MILLS RPM™ LESLEY 45	
7:30am							LES MILLS RPM™ BROOKE
9:00am						LES MILLS SPRINT BROOKE 30	
9:30am		LES MILLS RPM™ MEL 45		LES MILLS SPRINT BROOKE 30	LES MILLS RPM™ MEL 45		
5:30pm	LES MILLS SPRINT JANE 30	LES MILLS SPRINT RAY 30					
6:45pm	LES MILLS RPM™ MEL 45		LES MILLS RPM™ MEL 45				