
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS RPM	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS sprint	STRENGTH DEVELOPMENT		
	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP 	LES MILLS RPM	BOXFIT	LES MILLS RPM		
8am						LES MILLS RPM	
8.15am						LES MILLS EXPRESS BODYPUMP 	
9am	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	
				LES MILLS BODYPUMP 		LES MILLS Shapes	LES MILLS BODYPUMP 
9.15am	YOGA HATHA	LES MILLS BODYPUMP 	LES MILLS BODY STEP		LES MILLS BODYPUMP 		LES MILLS sprint
10am		LES MILLS CORE		YOGA HATHA	LES MILLS CORE	LES MILLS BODYPUMP 	LES MILLS RPM
							LES MILLS BODYBALANCE
10.30am	ZUMBA GOLD						
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	LES MILLS CORE	
12pm	LES MILLS EXPRESS BODYPUMP 	LES MILLS Shapes	LES MILLS EXPRESS BODYPUMP 		LES MILLS Shapes		
1.15pm			MOVE IT TO MUSIC				
4pm			YOUTH * BOXFIT				
5.10pm		STRENGTH DEVELOPMENT					
5.15pm	LES MILLS EXPRESS BODYPUMP 						
5.45pm				STRENGTH DEVELOPMENT			
6pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			
	LES MILLS BODYPUMP 	COMBO STEP PUMP 	YOGA YIN YANG				
6.35pm				COMBO STEP PUMP 			
7pm		LES MILLS BODYBALANCE					
7.15pm			LES MILLS BODYPUMP 				
7.30pm	YOGA GENTLE FLOW			LES MILLS BODYPUMP 		*8 October – 26 November	