

Lincoln Event Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LES MILLS RPM		LES MILLS RPM		
8.15am						LES MILLS RPM	
9.15am	LES MILLS RPM	HIIT					LES MILLS EXPRESS BODYPUMP
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				
10.15am							LES MILLS CORE
11.45am				TAI CHI			
5.30pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
6pm		LES MILLS RPM		LES MILLS RPM			
6pm				COMBO STEP PUMP			
6.30pm	YOGA FLOW	LES MILLS BODYPUMP					
6.45pm			LES MILLS CORE				
7pm				PILATES			
7.30pm			YOGA RESTORE				
8pm				PILATES			