

Studio 1

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	WARRIOR WORKOUT Jane	THE HIIT Sasha	LESMILLS BODYPUMP™ Jane	LESMILLS RPM™ Lesley	THE HIIT Sasha		
6:30am						SPARTAN Fran	
7:30am						LESMILLS BODYCOMBAT™ Jane / Vikki	
8:30am						LESMILLS GRIT™ STRENGTH 30 Jane / Vikki	LESMILLS BODYATTACK™ Brooke
9:30am	LESMILLS BODYPUMP™ Chantell	ZUMBA Sara	LESMILLS BODYCOMBAT™ Jane	LESMILLS BODYPUMP™ Brooke H	LESMILLS BODYCOMBAT™ Vikki	LESMILLS BODYPUMP™ Brooke	LESMILLS BODYPUMP™ 30 Brooke
10:00am							LESMILLS CXWORX™ 30 Brooke
10:30am	LESMILLS CXWORX™ 30 Chantell	LESMILLS GRIT™ STRENGTH 30 Anna	LESMILLS BODYPUMP™ Chantell	LESMILLS BODYATTACK™ Brooke A	THE HIIT Vikki	ZUMBA Sara	LESMILLS BODYBALANCE™ Linda
3:30pm							
4:30pm						LESMILLS BODYPUMP™ Brooke H	LESMILLS BODYCOMBAT™ Jane
4:45pm	LESMILLS BODYSTEP™ 45 Elisa	LESMILLS BODYCOMBAT™ 45 Vikki	LESMILLS BODYATTACK™ 45 Karola	LESMILLS BODYSTEP™ 45 Elisa	LESMILLS BODYCOMBAT™ 45 Karola		
5:30pm	LESMILLS BODYATTACK™ Brooke	LESMILLS BODYPUMP™ Brooke	LESMILLS GRIT™ STRENGTH 30 Vikki	LESMILLS BODYCOMBAT™ Jane	LESMILLS BODYPUMP™ Ray		LESMILLS BODYPUMP™ Jane
6:30pm	LESMILLS BODYPUMP™ Ray	LESMILLS BODYATTACK™ Brooke	LESMILLS BODYCOMBAT™ Jane	LESMILLS BODYPUMP™ Jane	ZUMBA Sara		
7:30pm	LESMILLS BODYCOMBAT™ Chantell	ZUMBA Jo	LESMILLS BODYPUMP™ Phil	ZUMBA Rudi	LESMILLS BODYSTEP™ 45 Alison		

Studio 2

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am			SWISS BALL Chantell	YOGA Linda			
5:30pm	ABS 30 30 Cain		ABS 30 30 Jane				
6:00pm	THE HIIT 30 30 Cain	LESMILLS GRIT™ STRENGTH 30 Vikki	THE HIIT 30 30 Jane			BOXING 30 Chantell	
6:30pm	LESMILLS BODYBALANCE™ Linda	LESMILLS CXWORX™ 30 Ray	LESMILLS BODYBALANCE™ Linda	LESMILLS GRIT™ STRENGTH 30 Phil	LESMILLS CXWORX™ 30 Chantell		
7:00pm				LESMILLS CXWORX™ 30 Phil			
7:30pm	LESMILLS CXWORX™ 30 Ray				YOGA 60 Dada		

Studio 3

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		LESMILLS RPM™ 60 Lesley		LESMILLS RPM™ 60 Lesley			
6:30am						LESMILLS RPM™ 60 Lesley	
7:30am							LESMILLS RPM™ 60 Brooke
9:00am						LESMILLS SPRINT™ 30 Brooke	
9:30am		LESMILLS RPM™ 45 Mel		LESMILLS SPRINT™ 30 Brooke	LESMILLS RPM™ 45 Mel		
5:30pm	LESMILLS SPRINT™ 30 Jane	LESMILLS SPRINT™ 30 Ray					
6:45pm	LESMILLS RPM™ Mel			LESMILLS RPM™ Mel			