



Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5.30am	LES MILLS GRIT Kylie	LES MILLS BODYPUMP Tioita Studio Cycle Michaela	LES MILLS BODYATTACK Kylie	LES MILLS BODYPUMP Jen	BOXFIT FUN • FAST • FITNESS Kelly			
6.00am	LES MILLS Sprint Eddi				6.35am HIIT Kelly	6.30am	LES MILLS GRIT Kylie	7.00am
9.10am	Abs & Butts (20min) Michaela	Washboard Abs (20min) kelz	Washboard Abs (20min) Michaela	9.15am BOOTCAMP CIRCUIT (45min) Kelz	Washboard Abs (20min) Kelz	7.15am	LES MILLS BODYATTACK Apple	LES MILLS BODYPUMP Jen
9.35am	LES MILLS BODYPUMP Tioita Studio Cycle Michaela	LES MILLS BODYCOMBAT Kelz	LES MILLS BODYPUMP Tioita Studio Cycle Michaela	10.15am Yoga Nalini	LES MILLS BODYCOMBAT Kelz Studio Cycle Melissa	7.00am	LES MILLS Sprint Eddi	8.15am LES MILLS BODYCOMBAT Maria
10.40am	pilates Michaela	Yoga Kelly-Anne	ZUMBA FITNESS Lui		pilates Melissa	8.30am	LES MILLS BODYPUMP Nicole	
4.25pm	LES MILLS BODYATTACK (30min) Apple			LES MILLS BODYPUMP (30min) Sherrel		9.35am	ZUMBA FITNESS Minako	9.30am Yoga Nalini
5.00pm	Abs & Butts (30min) Apple	LES MILLS GRIT Celeste	LES MILLS BODYCOMBAT (45min) Maria	LES MILLS GRIT Sherrel				
5.35pm	LES MILLS BODYPUMP Nicole	LES MILLS BODYATTACK Kellie		Studio Cycle Aimee				
5.45pm			pilates Aimee					
6.35pm	Yoga Nalini		LES MILLS BODYPUMP Nicole	Yoga Flex & Stretch Johanna				

