



Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5.30am	<b>LES MILLS GRIT</b> Kylie	<b>LES MILLS BODYPUMP</b> Tioita	<b>LES MILLS BODYATTACK</b> Kylie	<b>LES MILLS BODYPUMP</b> Jen	<b>BOXFIT</b> FUN • FAST • FITNESS Kelly			
6.00am	<b>eXpress CYCLE</b> (30min) Kelly		6.35am <b>Yoga</b> Nalini		6.35am <b>HIIT</b> Kelly F	6.30am	<b>LES MILLS GRIT</b> Tioita	
9.10am	<b>Abs &amp; Butts</b> (20min) Michaela	<b>Washboard Abs</b> (20min) Kelly P	<b>Washboard Abs</b> (20min) Michaela	9.15am <b>BOOTCAMP CIRCUIT</b> (45min) Kelly P	<b>Washboard Abs</b> (20min) Kelly P	7.30am	<b>LES MILLS BODYATTACK</b> Apple	
9.35am	<b>LES MILLS BODYPUMP</b> Tioita <b>Studio Cycle</b> Michaela	<b>LES MILLS BODYCOMBAT</b> Kelly P	<b>LES MILLS BODYPUMP</b> Tioita <b>Studio Cycle</b> Michaela	10.15am <b>Yoga</b> Nalini	<b>LES MILLS BODYCOMBAT</b> Kelly P <b>Studio Cycle</b> Melissa	7.00am	<b>eXpress CYCLE</b> (30min) Dean	<b>LES MILLS BODYPUMP</b> Tioita
10.40am	<b>pilates</b> Michaela	<b>Yoga</b> Kelly-Anne	<b>ZUMBA FITNESS</b> Lui		<b>pilates</b> Melissa	8.30am	<b>LES MILLS BODYPUMP</b> Nicole	<b>LES MILLS BODYCOMBAT</b> Karen
4.25pm	<b>LES MILLS BODYATTACK</b> (30min) Tioita			<b>LES MILLS BODYPUMP</b> (30min) Sherrel		9.35am	<b>ZUMBA FITNESS</b> Minako	<b>YOGALATES</b> Chantal
5.00pm	<b>Abs &amp; Butts</b> (30min) Tioita	<b>HIIT</b> Tioita	<b>LES MILLS BODYCOMBAT</b> (45min) Maria	<b>LES MILLS GRIT</b> Sherrel				
5.35pm	<b>LES MILLS BODYPUMP</b> Nicole	<b>U-Jam</b> Lui						
5.45pm								
6.35pm	<b>Yoga</b> Nalini		<b>LES MILLS BODYPUMP</b> Nicole					

