









TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	LES MILLS RPM 30 min	LES MILLS BODYPUMP	LES MILLS sprint	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
6:30am							
7:45am						LES MILLS RPM	
9:00am	 LES MILLS BODYPUMP	 LES MILLS BODYATTACK	 LES MILLS BODYPUMP	 LES MILLS BODYBALANCE	 LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYATTACK
9:45am					 LES MILLS CORE		
10:00am							
11:45am							
12:15pm							
3:30pm							LES MILLS BODYPUMP
3:45pm							
4:30pm							LES MILLS BODYBALANCE
5:00pm	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYSTEP	LES MILLS BODYATTACK	LES MILLS GRIT™		
5:30pm	LES MILLS sprint	LES MILLS BODYBALANCE LES MILLS RPM	LES MILLS sprint LES MILLS BODYPUMP		LES MILLS RPM		
5:45pm	LES MILLS BODYSTEP			LES MILLS BODYBALANCE			
6:45pm							



Bub-friendly class - bubs under 6months welcome to be in studio. Supervised Creche available for Kids over 6 months.



virtual classes available when no classes are scheduled.