

Time	Class	Key	Length	Studio
<b>MONDAY</b>				
06:30	Les Mills Bodypump	●	45 min	2
06:30	Les Mills RPM	●	45 min	1
09:30	Les Mills Bodypump	●	45 min	2
09:30	Aqua FIT	●	45 min	POOL
10:30	Les Mills Core	●	30 min	2
12:10	Les Mills RPM	●	45 min	1
13:05	Pilates (BEG)	●	45 min	2
18:15	Les Mills Bodypump	●	45 min	2
19:10	YOGA (BEG)	●	45 min	2
19:35	Les Mills SPRINT	●	30 min	1

## TUESDAY

06:30	Kettlebells / HIIT	●	35 min	2
07:05	Les Mills RPM	●	45 min	1
09:30	Les Mills RPM	●	45 min	1
10:05	Les Mills Bodypump	●	45 min	2
12:10	YOGA (BEG)	●	45 min	2
13:10	Les Mills Bodypump Exp.	●	30 min	2
18:30	Les Mills RPM	●	45 min	1
19:00	Pilates (BEG)	●	45 min	2
20:00	HYDROBURN	●	45 min	POOL
20:05	Les Mills Bodypump	●	45 min	2

## WEDNESDAY

07:05	Les Mills GRIT	●	30 min	2
09:30	Les Mills Bodypump	●	45 min	2
09:30	Aqua FIT	●	45 min	POOL
11:10	Les Mills RPM	●	45 min	1
12:10	Les Mills Bodybalance	●	45 min	2
13:10	Les Mills SPRINT	●	30 min	1
18:30	Kettlebells / HIIT	●	35 min	2
19:05	Les Mills RPM	●	45 min	1
19:30	Les Mills Bodypump	●	45 min	2
20:05	Les Mills RPM EXP	●	35 min	1

### Key

Members Only ●

Members and Students ●

Class bookings open 15 minutes before start time.  
Bookings can be made online at Sport & Fitness website.

Time	Class	Key	Length	Studio
<b>THURSDAY</b>				
06:30	Les Mills SPRINT	●	30 min	1
09:15	Les Mills Bodypump	●	45 min	2
09:30	Les Mills SPRINT	●	30 min	1
10:10	YOGA (INT)	●	45 min	2
11:10	Les Mills Bodypump	●	45 min	2
13:05	Pilates (INT)	●	45 min	2
13:10	Les Mills RPM Exp	●	35 min	1
18:30	Les Mills Bodypump	●	45 min	2
19:35	Les Mills SPRINT	●	30 min	1
20:05	Pilates (INT)	●	45 min	2

## FRIDAY

06:30	Les Mills Bodypump	●	45 min	2
07:05	Les Mills RPM	●	45 min	1
09:15	Les Mills Bodypump	●	45 min	2
10:00	Aqua FIT	●	45 min	POOL
10:10	Les Mills Core	●	30 min	2
11:05	Les Mills Bodybalance	●	45 min	2
12:10	Les Mills RPM EXP	●	35 min	1
13:10	Les Mills Bodypump EXP	●	30 min	2
18:15	Les Mills RPM	●	45 min	1
19:10	Les Mills Bodypump	●	45 min	2

## SATURDAY

09:10	Pilates (INT)	●	45 min	3
09:30	Les Mills Bodypump	●	45 min	2
10:10	Les Mills RPM	●	45 min	1
11:10	Les Mills Bodypump	●	45 min	2
12:10	Les Mills SPRINT	●	30 min	1

## SUNDAY

09:30	Les Mills SPRINT	●	30 min	1
10:05	Les Mills Bodypump	●	45 min	2
11:05	Les Mills RPM	●	45 min	1
11:10	YOGA (INT)	●	45 min	2
13:15	Les Mills Bodypump	●	45 min	2

# LES MILLS