

Time	Class	Type	Length	Studio
MONDAY				
06:30	Les Mills Bodypump	🟡🔴	45mins	2
09:30	AquaFit	🟡	45mins	Pool
09:30	Les Mills Bodypump	🟡	45mins	2
10:35	SWEAT	🟡🔴	45mins	Team Gym
11:05	Pilates (Int)	🟡	45mins	2
12:10	Les Mills RPM	🟡🔴	45mins	1
13:10	Pilates (Beg)	🟡	45mins	2
17:15	Les Mills Core	🟡🔴	30mins	2
18:15	Les Mills Bodypump	🟡🔴	45mins	2
19:15	Yoga (Int)	🟡	60mins	2
19:35	Les Mills SPRINT	🟡🔴	30mins	1

TUESDAY

06:30	Pilates (Int)	🟡🔴	45mins	2
07:05	Les Mills RPM	🟡🔴	45mins	1
09:15	Les Mills Core	🟡🔴	30mins	2
10:10	Les Mills Bodypump	🟡	45mins	2
11:10	Yoga (Beg)	🟡🔴	45mins	2
11:15	Les Mills SPRINT	🟡🔴	30mins	1
13:10	Pilates (Int)	🟡	45mins	2
13:15	SWEAT	🟡🔴	35mins	Team Gym
17:15	Pilates (Beg)	🟡🔴	45mins	2
18:30	Les Mills Core	🟡🔴	30mins	1
19:15	Les Mills Bodypump	🟡	45mins	2
20:00	HYDROBURN	🟡🔴	45mins	Pool
20:15	Yoga (Beg)	🟡🔴	45mins	2

WEDNESDAY

06:45	SWEAT	🟡🔴	45mins	Team Gym
09:30	Pilates (Beg)	🟡🔴	45mins	2
09:30	AquaFit	🟡	45mins	Pool
10:05	Les Mills SPRINT	🟡🔴	30mins	1
10:45	Les Mills Bodypump	🟡	45mins	2
12:10	Les Mills BodyBalance	🟡🔴	45mins	2
13:10	Les Mills Bodypump Exp	🟡	30mins	2
18:15	Pilates (Int)	🟡🔴	45mins	2
18:30	Les Mills RPM	🟡🔴	45mins	1
19:15	Les Mills Bodypump	🟡	45mins	2
20:15	Yoga (Int)	🟡🔴	45mins	2

Time	Class	Type	Length	Studio
THURSDAY				
06:30	Les Mills SPRINT	🟡🔴	30mins	1
09:30	Les Mills GRIT	🟡🔴	30mins	2
10:15	Yoga (Int)	🟡	60mins	2
10:20	SWEAT	🟡	45mins	Team Gym
12:05	Les Mills Bodypump	🟡	45mins	2
13:05	Yoga (Beg)	🟡	45mins	2
13:10	Les Mills SPRINT	🟡	30mins	1
17:15	Les Mills Core	🟡🔴	30mins	2
18:30	SWEAT	🟡🔴	45mins	Team Gym
19:15	Les Mills Bodybalance	🟡🔴	45mins	2

FRIDAY

06:30	Les Mills Bodypump	🟡🔴	45mins	2
07:05	Les Mills RPM	🟡🔴	45mins	1
09:15	Les Mills Core	🟡🔴	30mins	2
10:00	AquaFit	🟡	45mins	Pool
10:10	Les Mills Bodypump	🟡	45mins	2
11:10	Yoga (Beg)	🟡🔴	45mins	2
11:15	Les Mills SPRINT	🟡🔴	30mins	1
12:10	Les Mills BodyBalance	🟡🔴	45mins	2
13:10	Les Mills Bodypump Exp	🟡🔴	30mins	2
18:15	Les Mills Bodypump	🟡🔴	45mins	2
19:15	Pilates (Beg)	🟡🔴	45mins	2

SATURDAY

09:15	Pilates (Int)	🟡	45mins	3
09:30	Les Mills Bodypump	🟡	60mins	2
10:10	Les Mills RPM	🟡	45mins	1
12:10	SWEAT	🟡🔴	45mins	Team Gym
13:10	Les Mills Bodypump	🟡	45mins	2
14:10	Pilates (Beg)	🟡🔴	45mins	2

SUNDAY

09:15	Les Mills Core	🟡🔴	30mins	2
10:05	Les Mills SPRINT	🟡🔴	30mins	1
10:10	Les Mills Bodypump	🟡🔴	45mins	2
11:10	Yoga (Beg)	🟡	45mins	2
12:10	Les Mills Bodypump	🟡🔴	45mins	2
13:10	Pilates (Int)	🟡	45mins	2



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