

Time	Class	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 RPM	45 min	1
09:30	Aqua Fit	45 min	Pool
10:05	Les Mills BodyPump	45 min	2
11:10	Pilates (Beg)	45 min	2
12:10	Arms & Abs	30 min	2
12:10	Les Mills RPM	45 min	1
13:10	Pilates (Beg / Int)	45 min	2
13:10	Les Mills RPM Exp	35 min	1
16:30	Les Mills BodyPump	45 min	2
18:15	Les Mills BodyPump	45 min	2
18:30	BoxFIT	45 min	3
19:15	Yoga (Beg)	45 min	2
19:35	Les Mills SPRINT	30 min	1

## TUESDAY

06:30	TRX HIIT FUSION	35 mins	Team Gym
07:05	Les Mills RPM	45 min	1
09:15	Les Mills RPM	45 min	1
09:30	Les Mills BodyPump	45 min	2
10:10	TRX HIIT FUSION	35 mins	Team Gym
11:10	Yoga (Beg)	45 min	2
12:10	Les Mills BodyPump	45 min	2
13:10	Les Mills BodyPump Exp	30 min	2
14:10	Pilates (Beg)	45 min	2
18:15	Les Mills RPM	45 min	1
18:30	Les Mills Core	30 min	2
19:10	Pilates (Int)	45 min	2
19:15	HIIT / Kettlebells	35 min	3
20:00	HYDROBURN	45 min	Pool
20:10	Les Mills Bodypump	45 min	2

## WEDNESDAY

06:30	BoxFIT	45 min	3
07:05	Les Mills GRIT Strength	30 min	2
09:15	Les Mills BodyPump	45 min	2
09:30	Aqua Fit	45 min	Pool
10:10	Les Mills SPRINT	30 min	1
10:15	Pilates (Int)	45 min	2
11:10	Les Mills Core	30 min	2
12:05	Les Mills BodyPump	45 min	2
13:05	Les Mills RPM Exp	35 min	1
13:10	Les Mills Bodybalance Exp	30 min	2
18:15	TRX HIIT FUSION	35 mins	Team Gym
18:30	Les Mills BodyPump	45 min	2
18:45	Les Mills SPRINT	30 min	1
19:30	Yoga (INT)	45 min	2
20:10	Les Mills RPM Exp	35 min	1

Time	Class	Length	Studio
<b>THURSDAY</b>			
06:30	Les Mills SPRINT	30 min	1
07:10	Les Mills Core	30 min	2
09:15	BoxFIT	45 min	3
09:30	Les Mills BodyPump	45 min	2
10:10	Les Mills RPM	45 min	1
10:30	Yoga (INT)	45 min	2
12:05	Les Mills GRIT Strength	30 min	3
12:10	Arms & Abs	30 min	2
13:10	Les Mills Bodypump Exp	30 min	2
14:10	Pilates (Int)	45 min	2
17:15	Les Mills Core	30 min	2
18:30	Les Mills GRIT Strength	30 min	2
19:05	Pilates (INT)	45 min	3
19:35	Les Mills Bodypump	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
09:30	Les Mills RPM	45 min	1
10:00	Aqua Fit	45 min	Pool
11:05	Les Mills Bodybalance	45 min	2
11:10	Les Mills Bodypump	45 min	3
13:10	Les Mills SPRINT	30 min	1
13:10	Pilates (Beg / Int)	45 min	2
17:15	Les Mills SPRINT	30 min	1
18:30	Les Mills BodyPump	45 min	2
19:10	Les Mills RPM	45 min	1

## SATURDAY

09:10	Pilates (INT)	45 min	3
09:30	Les Mills BodyPump	60 min	2
10:10	Les Mills RPM	45 min	1
11:05	Les Mills BodyPump	45 min	2
12:05	BoxFIT	45 min	3
12:10	Yoga (Beg / Int)	45 min	2
13:10	Les Mills SPRINT	30 min	1
14:10	Pilates (Beg)	45 min	2

## SUNDAY

09:15	Les Mills Core	30 min	3
09:30	YOGA (Beg)	45 min	2
10:30	Les Mills BodyPump	45 min	2
11:30	Les Mills Bodybalance	45 min	2
12:05	Les Mills RPM Endurance	60 min	1
14:05	Pilates (INT)	45 min	2
15:10	Les Mills Bodypump	45 min	2

● Member Only ● Member & Student

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