

Time	Class	Length	STUDIO
------	-------	--------	--------

## MONDAY

06:30	Les Mills Bodypump	• 45 mins	2
06:30	Les Mills RPM	• 45 mins	1
07:10	Kettlebells /HIIT	• 30 mins	3
09:30	Les Mills RPM	• 45 mins	1
09:30	Aqua Fit	• 45 mins	POOL
10:05	Les Mills Bodypump	• 45 mins	2
11:15	Box FIT	• 45 mins	3
12:10	Les Mills RPM	• 45 mins	1
13:05	Pilates (Beg / Int)	• 45 mins	2
16:30	Les Mills Bodypump	• 45 mins	2
18:15	Les Mills Bodypump	• 45 mins	2
18:30	Box FIT	• 45 mins	3
19:15	Yoga (Beg)	• 45 mins	2
19:35	Les Mills Sprint	• 30 mins	1

## TUESDAY

06:30	BURN 30	• 30 mins	Team Gym
07:05	Les Mills RPM	• 45 mins	1
09:30	Les Mills Bodypump	• 45 mins	2
10:05	Les Mills RPM	• 45 mins	1
11:05	Les Mills Bodypump	• 45 mins	2
12:10	Yoga (Beg)	• 45 mins	2
13:10	Les Mills Bodypump Exp	• 30 mins	2
14:10	Pilates (Beg)	• 45 mins	2
17:15	Upperbody & Core	• 30 mins	3
18:15	Les Mills RPM	• 45 mins	1
19:10	Pilates (Beg)	• 45 mins	2
19:15	BURN 30	• 30 mins	Team Gym
20:00	HYDROBURN	• 45 mins	POOL
20:10	Les Mills Bodypump	• 45 mins	2

## WEDNESDAY

06:30	Box FIT	• 45 mins	3
07:05	Les Mills GRIT	• 30 mins	2
09:15	Les Mills Bodypump	• 45 mins	2
09:30	Aqua Fit	• 45 mins	POOL
09:30	Les Mills Sprint	• 30 mins	1
10:10	Les Mills Core	• 30 mins	2
11:05	Pilates (Beg)	• 45 mins	2
11:10	Les Mills RPM	• 45 mins	1
12:10	Les Mills Bodybalance	• 45 mins	2
13:10	Pilates (INT)	• 45 mins	2
13:10	Les Mills RPM Exp	• 35 min	1
18:10	Kettlebells / HIIT	• 30 mins	3
18:30	Les Mills Bodypump	• 45 mins	2
19:05	Les Mills RPM	• 45 mins	1
19:30	Yoga (INT)	• 45 mins	2
20:10	Les Mills RPM Exp	• 35 min	1

• Members Only • Members and Students

Time	Class	Length	Studio
------	-------	--------	--------

## THURSDAY

06:30	Les Mills Sprint	• 30 mins	1
07:10	Les Mills Core	• 30 mins	2
09:15	Box FIT	• 45 mins	3
09:30	Les Mills Bodypump	• 45 mins	2
10:30	Yoga (INT)	• 45 mins	2
12:10	Les Mills GRIT	• 30 mins	2
13:10	Les Mills Bodypump Exp	• 30 mins	2
14:10	Pilates (Beg / Int)	• 45 mins	2
17:15	Les Mills Core	• 30 mins	2
18:15	Les Mills Sprint	• 30 mins	1
18:30	Pilates (Int)	• 45 mins	2
19:30	Les Mills Bodypump	• 45 mins	2
19:35	Les Mills Sprint	• 30 mins	1

## FRIDAY

06:30	Les Mills Bodypump	• 45 mins	2
07:05	Les Mills RPM	• 45 mins	1
09:15	Les Mills Bodypump	• 45 mins	2
09:30	Les Mills RPM	• 45 mins	1
10:00	Aqua Fit	• 45 mins	POOL
11:05	Les Mills Bodybalance	• 45 mins	2
11:10	Les Mills Bodypump	• 45 mins	3
12:10	Les Mills Core	• 30 min	2
13:10	Les Mills Bodypump Exp	• 30 mins	2
13:10	Les Mills Sprint	• 30 mins	1
16:10	BURN 30	• 30 mins	Team Gym
18:15	Les Mills Bodypump	• 45 mins	2
18:30	Les Mills RPM	• 45 mins	1
19:15	Pilates (Beg)	• 45 mins	2

## SATURDAY

09:10	Pilates (INT)	• 45 mins	3
09:30	Les Mills Bodypump	• 45 mins	2
10:05	Les Mills RPM	• 45 mins	1
11:10	Les Mills Bodypump	• 45 mins	2
12:10	Les Mills Sprint	• 30 mins	1
13:15	Les Mills Bodypump	• 45 mins	2
14:10	Pilates (BEG)	• 45 mins	2
14:15	Burn 30*	• 30 mins	Team Gym

## SUNDAY

09:15	Les Mills Core	• 30 mins	2
09:30	Les Mills Sprint	• 30 mins	1
10:05	Les Mills Bodypump	• 45 mins	2
11:10	Yoga (INT)	• 45 mins	2
11:15	Kettlebells / HIIT	• 30 mins	3
12:10	Les Mills RPM	• 45 mins	1
13:10	Les Mills GRIT	• 30 mins	2
15:00	Les Mills Bodypump	• 45 mins	2

Class bookings open 15 minutes before start time.  
Bookings can be made online at Sport & Fitness website and iPad docks in the club.