

# STUDENT CLASS TIMES

21st September - 6th December 2020

All classes are subject to change

Time	Class		Length	Studio
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## MONDAY

7.30	Les Mills Body Pump	●	45min	3
11.10	Les Mills CX Worx	●	30min	2
13.10	Pilates (Beginner)	●	45min	3
16.10	Les Mills Body Pump Exp.	●	30min	2
17.05	Les Mills RPM	●	45min	1
19.30	Les Mills SPRINT	●	30min	1

## TUESDAY

07.45	Les Mills GRIT	●	30min	3
10.30	Pilates (Beginner)	●	45min	3
11.45	Les Mills SPRINT	●	30min	1
14.45	Les Mills Body Pump Exp.	●	30min	2
16.10	Les Mills Body Pump	●	45min	2
17.10	Les Mills RPM Exp.	●	35min	1
17.45	Les Mills CX Worx	●	30min	2

## WEDNESDAY

7.45	Les Mills Body Pump	●	45min	3
14.10	Yoga (Beginners)	●	45min	2
16.10	Les Mills SPRINT	●	30min	1
17.00	Les Mills Body Pump	●	45min	3
18.45	Les Mills Body Balance	●	45min	3
20.00	Les Mills RPM Express	●	35min	1

Time	Class		Length	Studio
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## THURSDAY

07.45	Les Mills RPM	●	45min	1
08.30	Les Mills Body Pump Exp.	●	30min	2
11.10	Les Mills CX Worx	●	30min	3
16.10	Les Mills GRIT	●	30min	2
17.05	Les Mills RPM	●	45min	1
18.00	Les Mills Body Pump	●	45min	3
19.15	Les Mills CX Worx	●	30min	3

## FRIDAY

07.45	Les Mills Body Pump	●	45min	3
11.15	Les Mills GRIT	●	30min	3
14.10	Les Mills RPM Exp	●	35min	1
15.10	Pilates (Beginner)	●	45min	3
16.10	Les Mills Body Pump	●	45min	3

## SATURDAY

11.20	Les Mills CX Worx	●	30min	3
12.10	Les Mills SPRINT	●	30min	1
13.10	Les Mills Body Pump	●	45min	3

## SUNDAY

09.15	Les Mills RPM	●	45min	1
11.10	Pilates (Beginner)	●	45min	3
13.45	Les Mills CX Worx	●	30min	3

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

- Students Only
- Members and Students

**LES MILLS**