

GROUP FITNESS CLASS TIMETABLE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30AM LES MILLS GRIT SERIES Ruth	6:00-6:30AM LES MILLS sprint Ruth	6:00-6:45AM LES MILLS RPM Kathy	6:00-6:30AM LES MILLS sprint Ruth	6:00-6:30AM LES MILLS CORE Annette		
6:00-6:45AM LES MILLS RPM Katrina	6:00-6:45AM LES MILLS BODYPUMP Justine/Henry	6:00-6:30AM LES MILLS GRIT SERIES Ruth	6:00-6:45AM LES MILLS BODYPUMP Alana	6:00-6:45AM LES MILLS RPM Kathy		
	7:00 - 8:00AM Strength & Conditioning Erika in HPC		7:00 - 8:00AM Strength & Conditioning Erika in HPC			
		7:00 - 7:45AM LES MILLS RPM Virtual	9:00-9:45AM AQUA Genea	7:30-8:30AM LES MILLS RPM (enduro) Katrina		
7:30-8:00AM LES MILLS RPM Virtual	8:30-9:15AM LES MILLS RPM Paula L	9:00-9:45AM AQUA Maria	9:15-10:00AM LES MILLS RPM Paula L	9:00-9:45AM AQUA Genea	8:30-9:30AM LES MILLS BODYSTEP Alana	
9:00-9:45AM AQUA Genea	9:00-9:45AM AQUA Chris	9:15-10:15AM LES MILLS BODYPUMP Kirstie		9:15-10:00 LES MILLS RPM Paula L		
9:15-10:15AM LES MILLS BODYPUMP Kirstie	9:15-9:45AM LES MILLS BODYSTEP Kirstie	10:30-11:15AM AQUA Cover	11:30-12:15PM Senior Circuit Paula s	9:15-9:45AM LES MILLS BODYSTEP Kirstie	9:45-10:45AM LES MILLS BODYPUMP Henry/Justine	9:15-10:00AM LES MILLS RPM Dave
10:30-11:15AM AQUA Jovi	9:45-10:15AM LES MILLS CORE Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie	12:00-12:45PM THE TRIP Virtual	9:45-10:15AM LES MILLS CORE Kirstie	9:00-9:45AM AQUA Genea	10:15-11:15AM LES MILLS BODYBALANCE Paula L
10:30-11:30AM LES MILLS BODYBALANCE Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie	12:00-12:30PM LES MILLS sprint Virtual	12:20-1:00PM PUMP/CORE COMBO Kirstie	10:30-11:30AM LES MILLS BODYBALANCE Kirstie		
11:45-12:30PM Senior Circuit Shaun	1:00-2:00PM PILATES Paula S	1:00-2:00PM PILATES Linda	1:00-2:00PM LES MILLS BODYBALANCE Kirstie	10:30-11:15AM AQUA Maria		
12:00-12:30PM LES MILLS sprint Virtual		4:00-5:00PM YOGA Justine	4:00-5:00PM YOGA Estelle	11:45-12:30PM Senior Circuit Paula S		
1:00-2:00PM YOGA Estelle	4:00-4:45PM LES MILLS BODYPUMP Justine	5:30-6:00PM LES MILLS CORE Alana	5:30-6:30PM LES MILLS BODYPUMP Justine	12:00-12:30PM LES MILLS sprint Virtual		
5:30-6:00PM LES MILLS BODYPUMP Alana	4:45- 5:30PM LES MILLS RPM Virtual	5:30-6:00PM AQUA SMASH Genea	6:00 - 6:45PM THE TRIP Virtual	1:00-2:00PM PILATES Paula S		4:00-5:30PM YOGA Estelle
6:00-6:30PM LES MILLS CORE Alana	5:30 - 6:30PM LES MILLS BODYSTEP Alana	6:00-7:00PM LES MILLS BODYCOMBAT Emma	6:15-7:00PM AQUA Genea	4:10-5:10PM LES MILLS BODYCOMBAT Emma	4:45- 5:30PM LES MILLS RPM Virtual	4:45- 5:30PM LES MILLS RPM Virtual
6:15-7:00PM AQUA AvaLee	6:00 - 6:45PM THE TRIP Virtual	6:15-7:00PM LES MILLS RPM Alana	6:45-7:45PM LATIN DANCE Paula S		6:00 - 6:45PM THE TRIP Virtual	6:00 - 6:45PM THE TRIP Virtual
	6:15-7:00PM AQUA COVER					
6:00 - 6:45PM THE TRIP Virtual	6:45-7:45PM LATIN DANCE Paula S				4:45- 5:30PM LES MILLS RPM Virtual	
6:40-7:40PM PILATES Katie	6:30-7:30PM BOXFIT Jay in HPC	7:15-8:15PM YOGA Hannah	7:00 - 7:45PM THE TRIP Virtual	6:00 - 6:45PM THE TRIP Virtual		