

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1: 06:05 - 06:55 Les Mills VIRTUAL BODYCOMBAT™ 09:15 - 10:15 YAH Aerobics 10:30 - 11:30 Les Mills BODYPUMP™ 17:15 - 18:00 Bootcamp 18:30 - 19:30 Step 20:00 - 21:00 Body Conditioning Studio 2: 07:00 - 07:45 Les Mills RPM™ 09:15 - 10:00 Les Mills RPM™ 10:15 - 11:15 Pilates 11:30 - 12:30 Pilates 18:15 - 19:00 Les Mills RPM™ 19:45 - 21:15 Yoga Pool: 10:30 - 11:15 YAH Aqua 13:00 - 13:45 YAH Aqua	Studio 1: 07:00 - 07:30 B:Fit 09:15 - 09:45 Les Mills CORE™ 10:00 - 11:00 Dancersise 11:30 - 12:30 Les mills VIRTUAL BODYPUMP™ 17:45 - 18:45 Les Mills BODYCOMBAT™ 19:30 - 20:30 Les Mills BODYPUMP™ Studio 2: 06:05 - 06:50 Les Mills VIRTUAL RPM™ 09:30 - 11:00 Yoga 12:15 - 12:45 Les Mills RPM™ 18:30 - 19:15 Les Mills RPM™ Gym Floor: 10:00 - 10:30 B:Strong Pool: 19:15 - 20:00 Aqua	Studio 1: 09:15 - 10:15 Low Impact Aerobics 10:30 - 11:30 Total Tone 17:30 - 18:15 Les Mills BODYATTACK™ 18:30 - 19:15 Les Mills BODY-PUMP™ 19:45 - 20:30 Fighting Fit (Own Boxing Gloves & Pads Required) Studio 2: 07:00 - 07:45 Les Mills RPM™ 09:10 - 09:55 Les Mills VIRTUAL RPM™ 10:30 - 12:00 Yoga 12:30 - 13:30 Les Mills VIRTUAL SPRINT™ 17:30 - 18:15 Les Mills RPM™ 18:45 - 19:45 Pilates Gym Floor: 12:00 - 12:30 B:Core-Fit Pool: 11:30 - 12:15 Low Impact Aqua	Studio 1: 07:00 - 07:30 Les Mills GRIT™ 09:15 - 10:00 Les Mills BODYPUMP™ 10:15 - 11:15 Les Mills BODYATTACK™ 17:15 - 17:45 B:FIIT 18:30 - 19:30 Bootcamp Studio 2: 09:15 - 09:45 Les Mills RPM™ 10:00 - 10:30 Les Mills CORE™ 18:00 - 18:45 Les Mills RPM™ 19:00 - 20:30 Yoga Gym Floor: 11:00 - 11:30 B:Conditioned Pool: 11:30 - 12:15 YAH Aqua	Studio 1: 09:30 - 10:30 Body Conditioning 11:30 - 12:30 Pilates 17:00 - 17:30 B:FIIT 18:00 - 18:30 Les Mills VIRTUAL GRIT™ 19:00 - 20:30 Yoga Studio 2: 07:00 - 07:30 Les Mills RPM™ 10:15 - 11:15 Pilates 17:45 - 18:30 Les Mills RPM™ Gym Floor: 06:30 - 07:00 B:Strong Pool: 10:45 - 11:30 Aqua	Studio 1: 09:00 - 09:30 B:FIIT 10:00 - 11:00 Les Mills BODYCOMBAT™ 11:15 - 12:15 Les Mills BODYPUMP™ Studio 2: 08:15 - 08:45 Les Mills VIRTUAL SPRINT 12:15 - 12:45 Les Mills RPM™ 17:00 - 17:30 Les Mills RPM™ 17:45 - 18:15 Les Mills VIRTUAL CORE™ Gym Floor: 10:00 - 10:20 B Corefit Pool: 11:00 - 11:45 YAH Aqua	