

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills Body Pump 6.45-7.20am	Les Mills Body Pump 6.30-7.20am	Boot Camp 6.30-7am	Les Mills Body Pump 6.30-7.20am	Boot Camp 7.15-8am	Weekend Wake Up 7-7.45am	Yoga Flow 9-9.45am
Les Mills Body Pump 10.30-11.20am	Les Mills Body Combat 9.30-10.15am	Les Mills Body Attack 9.30-10.15am	Les Mills Body Attack 9.30-10.15am	Zumba 9.30-10.20am	HIIT 9-9.45am	Les Mills Body Pump 10-10.50am
Hips, Bums & Tums 11.30am-12.15pm	Stability Conditioning 10.30-11.20am	Les Mills Body Pump 10.30-11.20am	Les Mills Body Pump 10.30-11.20am	Les Mills Body Attack 10.30-11.15am	Les Mills Body Pump 10-10.50am	Box HIIT 11-11.45am
Les Mills Core 12.30-1pm	Les Mills Body Pump 11.30am-12.20pm	Les Mills Core Virtual 12.30-1pm	Les Mills GRIT Cardio 11.45-12.15pm	Les Mills Body Combat 11.30am-12.15pm	Les Mills Body Attack Virtual 11-11.45am	
Fit 4 Function 2-2.45pm	Classic Core Fitball 1-1.45pm	Fit 4 Function 2-2.45pm	Classic Core Fitball 1-1.45pm	Body Pump 12.45-1.30pm	Les Mills Body Pump Virtual 12.15-1.10pm	
Absolute Glutes and Core 4.15-4.45pm	Box HIIT 5.15-6pm	Warrior Circuit 5.15-5.45pm	Box HIIT 5.15-5.45pm	Stability Conditioning 2-2.45pm		
Circuit 5.30-6.15pm	Swim Squads Dry land 6.15-6.45pm	Les Mills Body Pump 6-6.50pm	Les Mills Body Combat 6.15-7pm	Absolute Arms and Core 4.15-4.45pm		
Les Mills Body Pump 7-7.50pm	Les Mills Body Pump 7.15-8.05pm		Les Mills Body Pump 7-7.50pm	Circuit 5.-5.45pm		
			Les Mills Core 8-8.30pm	Step 6.- 6.55pm		