

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.05am	LESMILLS BODYPUMP 30	LESMILLS BODYBALANCE	LESMILLS BODYPUMP 30	LESMILLS BODYCOMBAT 30	LESMILLS CXWORX		
5.45am	LESMILLS BODYVIVE 3.1 45	LESMILLS BODYPUMP	LESMILLS BODYSTEP	LESMILLS BODYBALANCE	LESMILLS RPM		
6.10am						LESMILLS BODYPUMP 30	
6.55am	LESMILLS GRIT PLYO	LESMILLS BODYBALANCE 30	LESMILLS CXWORX	LESMILLS BODYPUMP 30	LESMILLS BODYBALANCE	LESMILLS CXWORX	
7.30am	LESMILLS CXWORX	LESMILLS GRIT CARDIO	LESMILLS BODYBALANCE 30	LESMILLS CXWORX		LESMILLS BODYBALANCE 30	
8.00am						LESMILLS RPM	
8.15am	FNM SILVERSTREAK	LESMILLS BODYVIVE 3.1 30		LESMILLS BODYPUMP 45	LESMILLS BODYVIVE 3.1 45		
8.30am			LESMILLS SH'BAM			LESMILLS BODYATTACK	LESMILLS BODYSTEP
8.45am	LESMILLS RPM	LESMILLS BODYATTACK 45					
9.00am				LESMILLS GRIT STRENGTH	LESMILLS SH'BAM 30		
9.30am	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYSTEP ATHLETIC 45	LESMILLS BODYCOMBAT 30	LESMILLS BODYPUMP	LESMILLS BODYBALANCE
9.30am		LESMILLS RPM			LESMILLS RPM		
10.05am					LESMILLS CXWORX		
10.35am	LESMILLS SH'BAM	LESMILLS BODYPUMP 30	LESMILLS GRIT PLYO	FNM PILATES	LESMILLS BODYBALANCE	LESMILLS GRIT CARDIO	
11.20am	LESMILLS CXWORX	LESMILLS GRIT CARDIO	LESMILLS CXWORX			LESMILLS BODYBALANCE	
12.10pm	LESMILLS GRIT PLYO	LESMILLS CXWORX	LESMILLS BODYPUMP		LESMILLS BODYPUMP	LESMILLS SH'BAM	LESMILLS GRIT PLYO
1.15pm	LESMILLS BODYPUMP 30		LESMILLS BODYBALANCE	LESMILLS CXWORX	LESMILLS GRIT CARDIO	LESMILLS BODYPUMP	LESMILLS CXWORX
2.20pm	LESMILLS BODYBALANCE 30		LESMILLS CXWORX	LESMILLS GRIT PLYO	LESMILLS CXWORX		
3.20pm							LESMILLS CXWORX
3.45pm	LESMILLS CXWORX	LESMILLS CXWORX	LESMILLS SH'BAM 30	LESMILLS CXWORX	LESMILLS BODYPUMP 30		
4.00pm							LESMILLS GRIT STRENGTH
4.30pm	LESMILLS BODYVIVE 3.1 30	LESMILLS BODYSTEP ATHLETIC 45	LESMILLS BODYATTACK 30	LESMILLS BODYPUMP	LESMILLS CXWORX		
4.45pm							LESMILLS RPM
5.00pm	LESMILLS GRIT STRENGTH		LESMILLS BODYVIVE 3.1 30		LESMILLS GRIT STRENGTH		
5.00pm			LESMILLS RPM 30				
5.30pm	LESMILLS BODYSTEP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYATTACK 45	LESMILLS BODYBALANCE		
5.45pm	LESMILLS RPM	LESMILLS RPM		LESMILLS RPM			Class changes effective as of 29th November 2017
6.30pm	LESMILLS BODYPUMP	FNM PILATES	LESMILLS BODYBALANCE	LESMILLS CXWORX			
7.00pm				LESMILLS SH'BAM 30			
7.45pm	LESMILLS CXWORX	LESMILLS BODYBALANCE	LESMILLS CXWORX				

Virtual classes are identified by the virtual logo -