

CHRISTMAS TIMETABLE

	18.12.17	19.12.17	20.12.17	21.12.17	22.12.17	23.12.17	24.12.17
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 CXWORX	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	SILVERSTREAKS	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	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							CLOSE 2PM
3.45pm	LESMILLS CXWORX	LESMILLS CXWORX	LESMILLS SH'BAM 30	LESMILLS CXWORX	LESMILLS BODYPUMP 30		
4.00pm							
4.30pm	LESMILLS BODYVIVE 3.1 30	LESMILLS GRIT PLYO	LESMILLS BODYATTACK 30		LESMILLS CXWORX		
4.45pm							
5.00pm	LESMILLS GRIT STRENGTH		LESMILLS BODYVIVE 3.1 30		LESMILLS GRIT STRENGTH		
5.00pm			LESMILLS RPM 30	LESMILLS BODYPUMP 30			
5.30pm	LESMILLS BODYSTEP 30	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP 30	LESMILLS BODYATTACK 30	LESMILLS BODYBALANCE		
5.45pm	LESMILLS RPM	LESMILLS RPM		LESMILLS RPM 30			
6.00pm	LESMILLS BODYPUMP 30		LESMILLS BODYBALANCE 30	LESMILLS CXWORX			
6.40pm	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS SH'BAM 30			
7.15pm	LESMILLS CXWORX		LESMILLS CXWORX				

Virtual classes are identified by the virtual logo -

	25.12.17	26.12.17	27.12.17	28.12.17	29.12.17	30.12.17	31.12.17
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.05am			LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS CXWORX		
5.45am			LESMILLS CXWORX	LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH		
6.10am						LESMILLS BODYPUMP	
6.55am	CLOSED	CLOSED	LESMILLS CXWORX	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS CXWORX	
7.30am	CHRISTMAS DAY	BOXING DAY	LESMILLS BODYBALANCE	LESMILLS CXWORX		LESMILLS BODYBALANCE	
8.00am						LESMILLS RPM	
8.15am				LESMILLS BODYPUMP	LESMILLS CXWORX		
8.30am			LESMILLS SH'BAM			LESMILLS BODYATTACK	LESMILLS BODYSTEP
8.45am							
9.00am				LESMILLS GRIT STRENGTH	LESMILLS SH'BAM		
9.30am			LESMILLS BODYPUMP	LESMILLS BODYSTEP ATHLETIC	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYBALANCE
9.30am					LESMILLS RPM		
10.05am					LESMILLS CXWORX		
10.35am			LESMILLS GRIT PLYO	LESMILLS BODYBALANCE		LESMILLS GRIT CARDIO	
11.20am			LESMILLS CXWORX			LESMILLS BODYBALANCE	
12.10pm			LESMILLS BODYPUMP		LESMILLS BODYPUMP	LESMILLS SH'BAM	LESMILLS GRIT PLYO
1.15pm			LESMILLS BODYBALANCE	LESMILLS CXWORX	LESMILLS GRIT CARDIO	LESMILLS BODYPUMP	LESMILLS CXWORX
2.20pm			LESMILLS CXWORX	LESMILLS GRIT PLYO	LESMILLS CXWORX		
3.20pm							CLOSED 2PM
3.45pm			LESMILLS SH'BAM	LESMILLS CXWORX	LESMILLS BODYPUMP		
4.00pm							
4.15pm			LESMILLS CXWORX	LESMILLS GRIT STRENGTH	LESMILLS CXWORX		
4.30pm			LESMILLS BODYATTACK				
5.00pm			LESMILLS BODYVIVE 3.1	LESMILLS BODYPUMP	LESMILLS GRIT STRENGTH		
5.30pm			LESMILLS RPM	LESMILLS BODYATTACK	LESMILLS BODYBALANCE		
5.45pm				LESMILLS RPM			
6.00pm			LESMILLS BODYBALANCE	LESMILLS CXWORX			
6.40pm				LESMILLS SH'BAM			
7.15pm			LESMILLS CXWORX				

Virtual classes are identified by the virtual logo -

PLEASE NOTE: CLOSED MONDAY 1 JAN (NEW YEARS DAY)

NORMAL TIMETABLE RESUMES TUESDAY 2ND JAN EXCEPT NO PILATES 2/1 @ 6.30PM