

# Melbourne Cup Day Public Holiday

## Tuesday 6<sup>th</sup> November



GROUP FITNESS STUDIO	
TIME	TUESDAY
9.10am	<b>LES MILLS CXWORX</b> with Carleigh
9.40am	<b>Power HIIT</b> with Michelle
10.15am	<b>LES MILLS BODYCOMBAT</b> with Lisa
11.20am	<b>LES MILLS BODYPUMP VIRTUAL</b>
12.25pm	<b>LES MILLS BODYCOMBAT VIRTUAL</b>
1.30pm	<b>LES MILLS BODYBALANCE VIRTUAL</b>
3.00pm	<b>LES MILLS CXWORX VIRTUAL</b>
4.15pm	<b>LES MILLS BODYBALANCE VIRTUAL</b>
5.30pm	<b>LES MILLS CXWORX VIRTUAL</b>
6.15pm	<b>LES MILLS BODYPUMP</b> with Hong

WELLNESS STUDIO	
TIME	TUESDAY
10.15am	<b>PILATES</b> with Michelle

CYCLE STUDIO	
TIME	TUESDAY
9.10am	<b>LES MILLS RPM VIRTUAL</b>
12.30pm	<b>LES MILLS RPM VIRTUAL</b>
2.00pm	<b>LES MILLS RPM VIRTUAL</b>
4.00pm	<b>LES MILLS RPM VIRTUAL</b>
5.30pm	<b>CYCLE</b> with Andre
6.30pm	<b>LES MILLS RPM VIRTUAL</b>

AQUA AEROBICS	
TIME	TUESDAY
8.15am	<b>AQUA</b> with Carleigh
9.15am	<b>AQUA</b> with Bree

REFORMER PILATES	
TIME	TUESDAY
9.15am	<b>REFORMER PILATES</b> with Andrea
10.15am	<b>REFORMER PILATES</b> with Andrea