


GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE 45	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYPUMP	METAFIT	<small>LES MILLS</small> BODYPUMP VIRTUAL		
7.05am	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYBALANCE VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> CXWORX VIRTUAL
8.10am	<small>LES MILLS</small> CXWORX VIRTUAL					<small>LES MILLS</small> BODYCOMBAT	
9.10am	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> CXWORX*	<small>LES MILLS</small> BODYPUMP	tone	<small>LES MILLS</small> BODYATTACK	<small>LES MILLS</small> BODYATTACK	<small>LES MILLS</small> BODYPUMP
9.40am		KETTLEBELL *					
10.15am	tone	<small>LES MILLS</small> BODYCOMBAT	ACTIVE MOVERS	<small>LES MILLS</small> BODYPUMP	PILATES	<small>LES MILLS</small> BODYSTEP	<small>LES MILLS</small> BODYCOMBAT
11.20am	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> SH'BAM VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL
12.25pm	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYBALANCE VIRTUAL
1.30pm	ACTIVE MOVERS	<small>LES MILLS</small> BODYBALANCE VIRTUAL	ACTIVE MOVERS	<small>LES MILLS</small> BODYBALANCE VIRTUAL	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> BODYBALANCE VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL
3.00pm	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> * CXWORX VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> * CXWORX VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL
4.15pm	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> BODYBALANCE VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> * CXWORX VIRTUAL	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> CXWORX VIRTUAL
5.30pm	<small>LES MILLS</small> BODYPUMP45	<small>LES MILLS</small> BODYSTEP45	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	tone	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> BODYBALANCE VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL
6.15pm	POWER HIIT	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYATTACK	<small>LES MILLS</small> BODYPUMP 45	<small>LES MILLS</small> BODYCOMBAT VIRTUAL		
7.15pm	<small>LES MILLS</small> BODYSTEP		<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYSTEP 45	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> CXWORX VIRTUAL	<small>LES MILLS</small> * BODYPUMP VIRTUAL
8.20m	<small>LES MILLS</small> BODYPUMP VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL	<small>LES MILLS</small> SH'BAM VIRTUAL		<small>LES MILLS</small> BODYBALANCE VIRTUAL		
9.20pm	<small>LES MILLS</small> SH'BAM VIRTUAL*	<small>LES MILLS</small> CXWORX* VIRTUAL	<small>LES MILLS</small> BODYCOMBAT VIRTUAL*	<small>LES MILLS</small> BODYPUMP VIRTUAL			

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA			<small>LES MILLS</small> BODYBALANCE		
8.10am			YOGA			PILATES	YOGA
9.10am	PILATES	ACTIVE MOVERS LIGHT	YOGA	BARRE	<small>LES MILLS</small> BODYBALANCE	BARRE	<small>LES MILLS</small> BODYBALANCE
10.15am	ACTIVE MOVERS	YOGALATES	<small>LES MILLS</small> BODYBALANCE	ACTIVE MOVERS LIGHT	<small>LES MILLS</small> CXWORX*	<small>LES MILLS</small> CXWORX	
11.20am	<small>LES MILLS</small> BODYBALANCE	TAI CHI	BARRE	YOGA HATHA	BARRE	<small>LES MILLS</small> BODYBALANCE	
12.25pm		<small>LES MILLS</small> BODYBALANCE					
5.00pm							YOGA IYENGAR
5.30pm	PILATES 45		<small>LES MILLS</small> CXWORX		YOGA HATHA		
6.15pm	YOGA BLEND	<small>LES MILLS</small> BODYBALANCE	PILATES	PILATES			
7.15pm	<small>LES MILLS</small> CXWORX	YOGA HATHA		BARRE			
8.15pm			YOGA NIDRA	<small>LES MILLS</small> BODYBALANCE			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMILLS RPM VIRTUAL	LesMILLS RPM		LesMILLS RPM VIRTUAL	LesMILLS RPM		
7.00am	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	
8.10am						LesMILLS RPM	
9.10am	LesMILLS RPM	LesMILLS RPM	CYCLE *	LesMILLS RPM	LesMILLS RPM	POWER CYCLE	LesMILLS RPM
10.15am		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL			LesMILLS RPM VIRTUAL
12.30pm	LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
2.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
4.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
5.30pm	LesMILLS RPM	POWER CYCLE	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
6.30pm	LesMILLS RPM	LesMILLS RPM VIRTUAL		LesMILLS RPM	LesMILLS RPM VIRTUAL		
7.30pm		LesMILLS RPM VIRTUAL	LesMILLS RPM	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL

* Indicates 30min

AQUA PROGRAMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am		AQUA	AQUA		AQUA		
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA		
10.15am			ACTIVE AQUA				
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			
6.00pm	AQUA		AQUA				
7.00pm	AQUA			AQUA			
8.00pm			SWIM SQUAD (25M)				

REFORMER PILATES STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am						REFORMER PRINCIPLES	
9.15am	REFORMER PRINCIPLES	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.15am	REFORMER	REFORMER		REFORMER			REFORMER
		REFORMER					
12:30pm			REFORMER				
4.30pm	REFORMER			REFORMER			
5.30pm			REFORMER				
6.30pm	REFORMER PRINCIPLES	REFORMER		REFORMER			

*Reformer Principles classes are FREE for members – all other Reformer Pilates classes incur cost \$12 for members and \$22 for non-members.