

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30AM <b>LES MILLS GRIT</b> SERIES Ruth	6:00-6:30AM <b>LES MILLS sprint</b> Ruth	6:00-6:45AM <b>LES MILLS RPM</b> Kathy	6:00-6:30AM <b>LES MILLS sprint</b> Ruth	6:00-6:30AM <b>LES MILLS CORE</b> Annette		
6:00-6:45AM <b>LES MILLS RPM</b> Katrina	6:00-6:45AM <b>LES MILLS BODYPUMP</b> Justine/Henry	6:00-6:30AM <b>LES MILLS GRIT</b> SERIES Ruth	6:00-6:45AM <b>LES MILLS BODYPUMP</b> Henry/Justine	6:00-6:45AM <b>LES MILLS RPM</b> Kathy		
	7:00 - 8:00AM <b>Strength &amp; Conditioning</b> Erika in HPC		7:00 - 8:00AM <b>Strength &amp; Conditioning</b> Erika in HPC			
		7:00 - 7:45AM <b>LES MILLS RPM</b> Virtual	9:00-9:45AM <b>AQUA</b> Marisol		7:15-8:00AM <b>LES MILLS RPM</b> Katrina	
8:30-9:15AM <b>LES MILLS RPM</b> Tash	8:30-9:15AM <b>LES MILLS RPM</b> Paula L	9:00-9:45AM <b>AQUA</b> Maria	8:30-9:15AM <b>LES MILLS RPM</b> Paula L	9:00-9:45AM <b>AQUA</b> Genea		
9:00-9:45AM <b>AQUA</b> Marisol	9:00-9:45AM <b>AQUA</b> Marisol	9:15-10:15AM <b>LES MILLS BODYPUMP</b> Kirstie		8:30-9:15AM <b>LES MILLS RPM</b> Paula L		
9:15-10:15AM <b>LES MILLS BODYPUMP</b> Kirstie	9:15-9:45AM <b>LES MILLS BODYSTEP</b> Kirstie	10:30-11:15AM <b>AQUA</b> Genea	11:15-12:00PM <b>Senior Circuit</b> Paula s	9:15-9:45AM <b>LES MILLS BODYSTEP</b> Kirstie	9:00-10:00AM <b>LES MILLS BODYPUMP</b> Henry/Justine	9:15-10:00AM <b>LES MILLS RPM</b> Paula L
10:30-11:15AM <b>AQUA</b> Jovi	9:45-10:15AM <b>LES MILLS CORE</b> Kirstie	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	12:00-12:45PM <b>THE TRIP</b> Virtual	9:45-10:15AM <b>LES MILLS CORE</b> Kirstie	9:00-9:45AM <b>AQUA</b> Genea	10:15-11:15AM <b>LES MILLS BODYBALANCE</b> Paula L
10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie	12:00-12:30PM <b>LES MILLS sprint</b> Virtual	12:20-1:00PM <b>PUMP/CORE COMBO</b> Kirstie	10:30-11:30AM <b>LES MILLS BODYBALANCE</b> Kirstie		
11:45-12:30PM <b>Senior Circuit</b> Genea	1:00-2:00PM <b>PILATES</b> Paula S	1:00-2:00PM <b>PILATES</b> Linda	1:00-2:00PM <b>LES MILLS BODYBALANCE</b> Kirstie	10:30-11:15AM <b>AQUA</b> Maria		
12:00-12:30PM <b>LES MILLS sprint</b> Virtual	2:15-3:15PM <b>YOGA</b> Hannah	4:00-5:00PM <b>YOGA</b> Justine	4:00-5:00PM <b>YOGA</b> Hannah	11:45-12:30PM <b>Senior Circuit</b> Paula S		
1:15-2:15PM <b>YOGA</b> Hannah	4:00-4:45PM <b>LES MILLS BODYPUMP</b> Justine		5:30-6:30PM <b>LES MILLS BODYPUMP</b> Justine	12:00-12:30PM <b>LES MILLS sprint</b> Virtual		
5:30-6:00PM <b>LES MILLS BODYPUMP</b> Annette	4:45- 5:30PM <b>LES MILLS RPM</b> Virtual	5:30-6:00PM <b>AQUA</b> Genea	6:00 - 6:45PM <b>THE TRIP</b> Virtual	1:00-2:00PM <b>PILATES</b> Paula S		4:00-5:00PM <b>YOGA</b> Charlotte
6:00-6:30PM <b>LES MILLS CORE</b> Annette	5:30-6:30PM <b>BOXFIT</b> Andrew in HPC		6:00-6:45PM <b>AQUA</b> Chris		4:45- 5:30PM <b>LES MILLS RPM</b> Virtual	4:45- 5:30PM <b>LES MILLS RPM</b> Virtual
6:15-7:00PM <b>AQUA</b> Genea	5:30-6:15PM <b>AQUA</b> Genea	5:30-6:15PM <b>LES MILLS RPM</b> Dave	6:40-7.25PM <b>LES MILLS BODYBALANCE</b> Justine		6:00 - 6:45PM <b>THE TRIP</b> Virtual	6:00 - 6:45PM <b>THE TRIP</b> Virtual
	6:00 - 6:45PM <b>THE TRIP</b> Virtual					
6:00 - 6:45PM <b>THE TRIP</b> Virtual				4:45- 5:30PM <b>LES MILLS RPM</b> Virtual		
6:40-7:40PM <b>PILATES</b> Katie		6:45-7:45PM <b>YOGA</b> Charlotte	7:00 - 7:45PM <b>THE TRIP</b> Virtual	6:00 - 6:45PM <b>THE TRIP</b> Virtual		