Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN - LesMills TRIP 06:10-06:55 Class Studio	SPIN - LesMills SPRINT 06:10-06:40 Class Studio	SPIN - LesMills RPM 06:10-06:40 Class Studio	SPIN - LesMills SPRINT 06:00-06:30 Class Studio	SPIN - LesMills SPRINT 06:10-06:40 Class Studio		
Core - Ab Blast 07:00-07:15 Class Studio	BODYPUMP 06:40-07:10 Class Studio	BODYPUMP 06:40-07:10 Class Studio	SPIN - LesMills RPM 06:30-07:20 Class Studio	BODYPUMP 06:40-07:10 Class Studio	Bike + Rythmn - [L] 09:00-09:45 Class Studio	SPIN - [L] 10:00-10:45 Class Studio
SPIN - LesMills SPRINT 07:15-07:45 Class Studio	BODYPUMP 07:15-08:15 Class Studio	Grit Athletic 07:15-07:45 Class Studio	06:30-07:20 Class Studio	SPIN - LesMills SPRINT 07:15-07:45 Class Studio	PILATES- [L] 09:55 - 10:40 Class Studio	SPIN - LesMills RPM 11:00 - 11:50 Class Studio
BODYCOMBAT 08:00-08:45 Class Studio	SPIN - LesMills SPRINT 08:30-09:00 Class Studio	BODYCOMBAT 08:00-09:00 Class Studio	BODYCOMBAT 07:25-07:55 Class Studio	DANCE 08:00-08:30 Class Studio	SPIN - LesMills TRIP 11:00 - 11:50 Class Studio	SPIN - LesMills TRIP 12:00 - 12:45 Class Studio
BODYPUMP 09:00-10:00 Class Studio	BODYCOMBAT 09:15-10:00 Class Studio	SPIN - LesMills SPRINT 09:15-09:45 Class Studio	GRIT STRENGTH 08:00-08:30 Class Studio	BODY BALANCE 08:45-09:30 Class Studio	GRIT STRENGTH 13:15-13:45 Class Studio	BODY BALANCE 13:30-14:15 Class Studio
Body Attack 10:00-11:00 Class Studio	BODY BALANCE 10:15-11:00 Class Studio	BODYPUMP 10:00-11:00 Class Studio	BODY BALANCE 08:45-09:30 Class Studio	BODYCOMBAT 09:45-10:45 Class Studio	BODYPUMP 14:00-15:00 Class Studio	Grit Athletic 14:30-15:00 Class Studio
BODY BALANCE 11:00-11:45 Class Studio	GRIT CARDIO 11:15-11:45 Class Studio	Grit Athletic 11:15-11:45 Class Studio	GRIT CARDIO 09:45-10:15 Class Studio	GRIT CARDIO 11:00-11:30 Class Studio	BODYCOMBAT 15:15-16:15 Class Studio	BODYPUMP 15:15-15:45 Class Studio
DANCE 12:00-12:30 Class Studio	SPIN - LesMills SPRINT 12:20-12:50 Class Studio	BODY BALANCE 12:00-12:30 Class Studio	DANCE 10:30-11:00 Class Studio	Grit Athletic 11:45-12:15 Class Studio	Body Attack 16:30 - 17:00 Class Studio	GRIT CARDIO 16:00-16:30 Class Studio
SPIN - LesMills SPRINT 12:40-13:10 Class Studio	BODY BALANCE 13:00-13:45 Class Studio	SPIN - LesMills SPRINT 12:40-13:10 Class Studio	Grit Athletic 11:15-11:45 Class Studio	SPIN - LesMills SPRINT 12:30-13:00 Class Studio		SPIN - LesMills RPM 16:30 - 17:00 Class Studio
GRIT STRENGTH 13:15-13:45 Class Studio	BODYPUMP 14:00-14:30 Class Studio	GRIT STRENGTH 13:15-13:45 Class Studio	SPIN - LesMills RPM 12:00-12:30 Class Studio	GRIT STRENGTH 13:15-13:45 Class Studio		
DANCE 14:00-14:30 Class Studio	DANCE 14:45-15:15 Class Studio	Body Attack 14:00-14:45 Class Studio	Body Attack 1230-1330 Class Studio	BODYCOMBAT 14:00-15:00 Class Studio		
Core-45mins 14:30-15:15 Class Studio	SPIN - LesMills TRIP 15:15-16:00 Class Studio	GRIT CARDIO 14:45-15:15 Class Studio	Core-30mins 13:30 - 14:00 Class Studio	BODYPUMP 15:00-16:00 Class Studio		
Body Attack 15:15-15:45 Class Studio	BODYCOMBAT 16:30-17:30 Class Studio	Core - Ab Blast 15:15-15:30 Class Studio	SPIN - LesMills SPRINT 14:00-14:30 Class Studio	BODYPUMP 16:00-17:00 Class Studio		
GRIT CARDIO 16:00-16:30 Class Studio	17:30 - 18:00 Class Studio	Core-15mins 15:30-15:45 Class Studio	SPIN - LesMills TRIP 14:30-15:15 Class Studio	BODYPUMP 15:00-16:00 Class Studio		
Grit Athletic 16:30-17:00 Class Studio	SPIN - [L] 18:00-18:45 Class Studio	Grit Athletic 15:45-16:15 Class Studio	Body Attack 15:15-1600 Class Studio	BODY BALANCE 17:05 - 17:50 Class Studio		
SPIN - LesMills TRIP 17:00-17:30 Class Studio	Core + Strength - [L] 19:00 19:45 Class Studio	SPIN - LesMills SPRINT 16:30-17:00 Class Studio	BODYCOMBAT 16:00-17:00 Class Studio	SPIN - LesMills SPRINT 18:00-18:30 Class Studio		
Total Body Conditioning -[L] 18:00-18:45 Class Studio		BODY BALANCE 17:05-17:50 Class Studio	Core-45mins 17:30-18:15 Class Studio	Body Attack 18:30 - 19:30 Class Studio		
Bike + Rythmn - [L] 19:00 -19:45 Class Studio		Legs + Bums + Core - [L] 18:00 - 18:45 Class Studio	BODYPUMP - [L] 18:15-19:00 Class Studio			
		HIIT - [L] 19:00 - 20:00 Class Studio	PILATES- [L] 19:05-19:50 Class Studio			

Key

[L] = Instructor-led

This is a sample timetable. The latest is on our members FitSense App.
Classes are subject to change