

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
SPIN - LesMills TRIP		SPIN - LesMills SPRINT		SPIN - LesMills RPM		SPIN - LesMills SPRINT		SPIN - LesMills SPRINT					
06:10-06:55	Class Studio	06:10-06:40	Class Studio	06:10-06:40	Class Studio	06:00-06:30	Class Studio	06:10-06:40	Class Studio				
Core - Ab Blast		BODYPUMP		BODYPUMP		SPIN - [L]		BODYPUMP		Bike + Rythmn - [L]		SPIN - LesMills SPRINT	
07:00-07:15	Class Studio	06:40-07:10	Class Studio	06:40-07:10	Class Studio	06:30-07:15	Class Studio	06:40-07:10	Class Studio	10:00-10:45	Class Studio	10:15-10:45	Class Studio
SPIN - LesMills SPRINT		BODYPUMP		Grit Athletic				SPIN - LesMills SPRINT		SPIN - LesMills TRIP		SPIN - [L]	
07:15-07:45	Class Studio	07:15-08:15	Class Studio	07:15-07:45	Class Studio	06:40-07:10	Class Studio	07:15-07:45	Class Studio	11:00 - 11:50	Class Studio	11:00 - 11:45	Class Studio
BODYCOMBAT		SPIN - LesMills SPRINT		BODYCOMBAT		BODYCOMBAT		barre		BOXERCISE [L]		SPIN - LesMills TRIP	
08:00-08:45	Class Studio	08:30-09:00	Class Studio	08:00-09:00	Class Studio	07:25-07:55	Class Studio	08:00-08:30	Class Studio	12:00 - 12:45	Class Studio	12:00 - 12:45	Class Studio
BODYPUMP		BODYCOMBAT		SPIN - LesMills SPRINT		GRIT STRENGTH		BODY BALANCE		GRIT STRENGTH		BODY BALANCE	
09:00-10:00	Class Studio	09:15-10:00	Class Studio	09:15-09:45	Class Studio	08:00-08:30	Class Studio	08:45-09:30	Class Studio	13:15-13:45	Class Studio	13:30-14:15	Class Studio
Body Attack		BODY BALANCE		BODYPUMP		BODY BALANCE		BODYCOMBAT		BODYPUMP		Grit Athletic	
10:00-11:00	Class Studio	10:15-11:00	Class Studio	10:00-11:00	Class Studio	08:45-09:30	Class Studio	09:45-10:45	Class Studio	14:00-15:00	Class Studio	14:30-15:00	Class Studio
BODY BALANCE		GRIT CARDIO		Grit Athletic		GRIT CARDIO		GRIT CARDIO		BODYCOMBAT		BODYPUMP	
11:00-11:45	Class Studio	11:15-11:45	Class Studio	11:15-11:45	Class Studio	09:45-10:15	Class Studio	11:00-11:30	Class Studio	15:15-16:15	Class Studio	15:15-15:45	Class Studio
barre		SPIN - LesMills SPRINT		BODY BALANCE		barre		Grit Athletic		Body Attack		GRIT CARDIO	
12:00-12:30	Class Studio	12:20-12:50	Class Studio	12:00-12:30	Class Studio	10:30-11:00	Class Studio	11:45-12:15	Class Studio	16:30 - 17:00	Class Studio	16:00-16:30	Class Studio
SPIN - LesMills SPRINT		BODY BALANCE		SPIN - LesMills SPRINT		Grit Athletic		SPIN - LesMills SPRINT					
12:40-13:10	Class Studio	13:00-13:45	Class Studio	12:40-13:10	Class Studio	11:15-11:45	Class Studio	12:30-13:00	Class Studio				
GRIT STRENGTH		BODYPUMP		GRIT STRENGTH		SPIN - LesMills RPM		GRIT STRENGTH					
13:15-13:45	Class Studio	14:00-14:30	Class Studio	13:15-13:45	Class Studio	12:00-12:30	Class Studio	13:15-13:45	Class Studio				
barre (Beginner Level)		barre		Body Attack		Body Attack		BODYCOMBAT					
14:00-14:30	Class Studio	14:45-15:15	Class Studio	14:00-14:45	Class Studio	1230-1330	Class Studio	14:00-15:00	Class Studio				
Core-45mins		SPIN - LesMills TRIP		GRIT CARDIO		Core-30mins		BODYPUMP					
14:30-15:15	Class Studio	15:15-16:00	Class Studio	14:45-15:15	Class Studio	13:30 - 14:00	Class Studio	15:00-16:00	Class Studio				
Body Attack		BODYCOMBAT		Core - Ab Blast		SPIN - LesMills SPRINT		BODYPUMP					
15:15-15:45	Class Studio	16:30-17:30	Class Studio	15:15-15:30	Class Studio	14:00-14:30	Class Studio	16:00-17:00	Class Studio				
GRIT CARDIO				Core-15mins		SPIN - LesMills TRIP		BODYPUMP					
16:00-16:30	Class Studio	17:30 - 18:00	Class Studio	15:30-15:45	Class Studio	14:30-15:15	Class Studio	15:00-16:00	Class Studio				
Grit Athletic		SPIN - [L]		Grit Athletic		Body Attack		BODY BALANCE					
16:30-17:00	Class Studio	18:00-18:45	Class Studio	15:45-16:15	Class Studio	15:15-1600	Class Studio	17:05 - 17:50	Class Studio				
SPIN - LesMills TRIP		BODYPUMP - [L]		SPIN - LesMills SPRINT		BODYCOMBAT		SPIN - LesMills SPRINT					
17:00-17:30	Class Studio	19:00 - 19:45	Class Studio	16:30-17:00	Class Studio	16:00-17:00	Class Studio	18:00-18:30	Class Studio				
Total Body Conditioning - [L]		BODYPUMP		BODY BALANCE		BODYPUMP		Body Attack					
18:00-18:45	Class Studio	20:00-20:45	Class Studio	17:05-17:50	Class Studio	17:15-18:00	Class Studio	18:30 - 19:30	Class Studio				
Bike + Rythmn - [L]		Core - Ab Blast		Legs + Bums + Core - [L]		BODYPUMP - [L]							
19:00 -19:45	Class Studio	20:45 - 21:00	Class Studio	18:00 - 18:45	Class Studio	18:30-19:15	Class Studio						
BODYCOMBAT				HIIT - [L]		Pilates [L]							
20:00 - 20:45	Class Studio			19:00 - 20:00	Class Studio	19:30- 20:15	Class Studio						
				SPIN - LesMills TRIP		BODYCOMBAT							
				20:10- 20:55	Class Studio	20:20-20:50	Class Studio						

Key
[L] = Instructor-led