

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

Key
[L] = Instructor-led