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| Time     | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|----------|--|--|---|--|--|--|--|
| 9.30pm   |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>CXWORX</b>      |
| 10pm     |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYBALANCE</b> |
| 11pm     |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYCOMBAT</b>  |
| midnight |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYPUMP</b>    |
| 1am      |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>SH'BAM</b>      |
| 2am      |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYPUMP</b>    |
| 3am      |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>SH'BAM</b>      |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>BODYCOMBAT</b>  |
| 4am      |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>BODYCOMBAT</b>  |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>BODYBALANCE</b> |  <b>LES MILLS<br/>BODYPUMP</b>    |  <b>LES MILLS<br/>CXWORX</b>      |  <b>LES MILLS<br/>SH'BAM</b>      |

NB: 9.30PM CLASSES ARE 30 MIN