Studio 1							
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	OCORE	DANCE	O GRIT	D LESMILLS BODYATTACK	D LESMILLS BODYPUMP	O GRIT	O RPM
1:00AM	D LESMILLS BODYATTACK	D LESMILLS BODYBALANCE	DANCE	D LESMILLS BODYPUMP	D LESMILLS BODYCOMBAT	OCORE	DANCE
2:00AM	O Sprint	O GRIT	D LESMILLS BODYCOMBAT	O GRIT	D BODYBALANCE	DANCE	D BODYPUMP
3:00AM	O BODYBALANCE	DANCE	D LESMILLS BODYATTACK	O BODYCOMBAT	• DANCE	THE TRIP	OCORE
4:00AM	D LESMILLS BODYCOMBAT	D LESMILLS BODYATTACK	D LESMILLS BODYPUMP	D LESMILLS BODYBALANCE	BODYPUMP	D LESMILLS BODYATTACK	DANCE
5:00AM	O RPM	O BODYCOMBAT	OCORE	BODYPUMP	Sprint	D LESMILLS BODYPUMP	O RPM
6:00AM	D LESMILLS BODYATTACK	D LESMILLS BODYPUMP	O GRIT	O RPM	D LESMILLS BODYCOMBAT	D LESMILLS RPM	D LESMILLS BODYBALANCE
7:15AM	D LESMILLS BODYPUMP	Sprint	O RPM	O BODYBALANCE	THE TRIP	D LESMILLS BODYPUMP	O GRIT
8:15AM	D Lesmills BODYPUMP	D LESMILLS BODYBALANCE	D LESMILLS BODYATTACK	O GRIT	© RPM	NO CLASS	D LESMILLS BODYATTACK
9:30AM	D LESMILLS BODYCOMBAT	O RPM	D LESMILLS BODYPUMP	O BODYATTACK	D LESMILLS BODYPUMP	D LESMILLS BODYBALANCE	THE TRIP
10:45AM	OCORE	D LESMILLS BODYPUMP	• DANCE	Sprint	THE TRIP	O GRIT	D LESMILLS BODYBALANCE
12:15PM	BodyPump XP Sue	Spin XP Sue	O BODYBALANCE	BodyPump XP Sue	O BODYCOMBAT	THE TRIP	D LESMILLS BODYPUMP
1:15PM	O Sprint	D LESMILLS BODYATTACK	O RPM	D LESMILLS BODYBALANCE	Sprint	OCORE	Sprint
2:30PM	D LESMILLS BODYBALANCE	D LESMILLS BODYPUMP	OCORE	O BODYCOMBAT	D LESMILLS BODYATTACK	O RPM	D LESMILLS BODYATTACK
3:30PM	OCORE	DANCE	D LESMILLS BODYATTACK	D LESMILLS BODYPUMP	THE TRIP	D LESMILLS BODYBALANCE	O RPM
4:30PM	NO CLASS	THE TRIP	O LESMILLS BODYBALANCE	O RPM	D LESMILLS BODYBALANCE	Sprint	D LESMILLS BODYPUMP
5:45PM	BodyPump Sue	DANCE	BodyPump Sue	O BODYCOMBAT	O RPM	D LESMILLS BODYPUMP	D LESMILLS BODYCOMBAT
7:00PM	O RPM	D LESMILLS BODYPUMP	Sprint	O BODYBALANCE	O GRIT	D LESMILLS BODYATTACK	D LESMILLS BODYPUMP
8:15PM	O BODYPUMP	O GRIT	D LESMILLS BODYCOMBAT	OCORE	D LESMILLS BODYPUMP	O RPM	DANCE
9:30PM	DANCE	O RPM	O GRIT	D LESMILLS BODYATTACK	• DANCE	OCORE	D LESMILLS BODYATTACK
10:00PM	D LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	D LESMILLS BODYPUMP	O GRIT	D LESMILLS BODYPUMP	D LESMILLS BODYCOMBAT	D LESMILLS BODYBALANCE
11:00PM	O BODYCOMBAT	O BODYBALANCE	Sprint	• DANCE	D LESMILLS BODYBALANCE	D LESMILLS BODYATTACK	O BODYCOMBAT