

GROUP FITNESS STUDIO 1

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>
1:00AM	CXWORX <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>
2:00AM	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>
3:00AM	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>
4:00AM	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>
5:00AM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>
6:00AM	CXWORX <small>LES MILLS VIRTUAL</small>	BodyPump Sue	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>
7:00AM	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small> 7:15AM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>
8:15AM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>
9:30AM	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BodyPump Rosita	YourYoga Naho	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BodyBalance Kaylah	BodyPump Annie	BODYCOMBAT <small>LES MILLS VIRTUAL</small>
10:45AM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	YourYoga 10:30AM Meri	BODYBALANCE <small>LES MILLS VIRTUAL</small>
12:15PM	BodyBlast Ian	BodyBalance xp Meri	BodyBlast Chris	MatPilates Meri	BODYBALANCE <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>
1:30PM	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>
2:30PM	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>
3:30PM	Pride	CXWORX <small>LES MILLS VIRTUAL</small>	Pride	CXWORX <small>LES MILLS VIRTUAL</small>	Pride	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>
4:45PM	Private Session 4PM-5:30PM	BodyPump xp Sue	Private Session 4PM-5:30PM	JustAbs Ian	Private Session 4PM-5:30PM	BODYBALANCE <small>LES MILLS VIRTUAL</small> 4:30PM	BODYCOMBAT <small>LES MILLS VIRTUAL</small> 4:30PM
5:45PM	BodyPump 5:45PM Sue	DanceCardio 5:45PM Kaylah	BodyPump 5:45PM Rosita	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small> 6:00PM	BODYBALANCE <small>LES MILLS VIRTUAL</small> 6:00PM
7:00PM	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>
8:15PM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>
9:30PM	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>
10:00PM	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	BODYBALANCE <small>LES MILLS VIRTUAL</small>
11:00PM	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>	BODYPUMP <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	SH'BAM <small>LES MILLS VIRTUAL</small>	CXWORX <small>LES MILLS VIRTUAL</small>	BODYCOMBAT <small>LES MILLS VIRTUAL</small>