

CLASS TIMETABLE

June 2023

Monday

06.15 - 07.00	Function Fit		TZ	Chantelle
06.15 - 07.10	Les Mills Body Pump		S	Sohaila
06.15 - 07.00	Les Mills THE TRIP Virtual		I	N/A
07.30 - 08.15	Les Mills RPM Virtual		I	N/A
08.15 - 09.00	Les Mills THE TRIP Virtual		I	N/A
09.15 - 09.45	Les Mills Sprint		I	Sue
09.30 - 10.20	Legs, Bums & Tums		S	Lorraine
09.30 - 10.20	Pilates		H	Tina
10.00 - 10.30	HIITStep		TZ	Chantelle
10.30 - 11.20	Les Mills Body Pump		S	Lorraine
10.30 - 11.20	Les Mills THE TRIP Virtual		I	N/A
11.30 - 12.20	Aqua Fit FG		P	Lorraine
11.30 - 12.25	Les Mills Body Balance		H	Tina
11.30 - 12.20	Zumba (J)		S	Naomi
12.15 - 13.00	Les Mills RPM Virtual		I	N/A
12.45 - 13.35	Aqua Fit FG		P	Tina
13.00 - 14.30	Yoga		S	Lynsey
13.00 - 13.50	Gentle Circuits FG		H	Lorraine
14.30 - 15.15	Les Mills RPM Virtual		I	N/A
15.00 - 15.50	Zumba Gold FG		S	Naomi
16.00 - 16.30	Les Mills SPRINT Virtual		I	N/A
17.00 - 17.30	Les Mills Core		TZ	Cheryl
17.20 - 17.50	HIIT		S	Deby
17.30 - 18.20	Les Mills THE TRIP (J)		I	Joe
17.30 - 18.30	Yoga		H	Lynsey
18.00 - 18.50	Zumba (J)		S	Emma
18.30 - 19.20	Circuits		SH	Laura
18.30 - 19.20	Climb Fit		XHeight	XHeight Team
18.45 - 19.30	Les Mills RPM (J)		I	Dave
18.40 - 19.35	Les Mills Body Balance		H	Tina
19.00 - 19.50	Les Mills Body Pump		S	Suzanne
20.00 - 20.50	Mission to Condition		S	Laura

Thursday

06.15 - 07.00	Les Mills Body Pump		S	Joe
06.15 - 07.00	Les Mills THE TRIP (J)		I	Chantelle
06.30 - 07.25	Les Mills Body Balance		H	Sue
07.30 - 08.15	Les Mills THE TRIP Virtual		I	N/A
09.30 - 10.20	Tabata Blast		S	Chantelle
09.30 - 10.20	Les Mills THE TRIP (J)		I	Sue
09.30 - 10.20	Yoga		H	Cheryl
10.00 - 10.30	Les Mills Core		S	Chantelle
10.40 - 11.30	Les Mills Body Pump		S	Joe
11.00 - 11.50	Otago FG		H	Ann
12.00 - 12.50	Chair Based FG		S	Lorraine
12.30 - 13.00	Les Mills SPRINT Virtual		I	N/A
13.00 - 13.50	Aqua Zumba FG		P	Naomi
14.15 - 15.00	Les Mills RPM Virtual		I	N/A
15.45 - 16.35	Les Mills RPM Virtual		I	N/A
17.30 - 18.20	Total Body Conditioning		S	Janet
17.30 - 18.00	Les Mills SPRINT		I	Cheryl
17.30 - 18.20	Les Mills Body Balance		H	Sue
17.30 - 18.20	Ultimate Legs		TZ	Laura
18.30 - 19.30	Strength Coaching		TZ	Callum
18.30 - 19.20	Les Mills Body Combat		S	Sohaila
18.30 - 19.20	Les Mills Core		H	Sue
18.30 - 19.20	Les Mills RPM (J)		I	Dave
19.30 - 20.20	Les Mills Sh'Bam (J)		S	Sohaila
19.30 - 20.20	Les Mills THE TRIP (J)		I	Joe

Tuesday

06.15 - 07.10	Les Mills Body Pump		S	Sohaila
06.15 - 06.45	Les Mills Sprint		I	Joe
06.45 - 07.15	Les Mills Core		H	Sue
08.00 - 08.45	Les Mills THE TRIP Virtual		I	N/A
09.30 - 10.20	Firm Arms & Abs		TZ	Laura
09.30 - 10.20	Les Mills THE TRIP (J)		I	Joe
09.30 - 10.20	Zumba (J)		S	Naomi
10.30 - 11.00	Les Mills Core		S	Chantelle
10.30 - 11.20	Les Mills RPM Virtual		I	N/A
10.30 - 11.20	Otago FG		SH	Lorraine
11.30 - 12.15	Les Mills Body Combat		S	Lorraine
11.30 - 12.20	Zumba Gold FG		SH	Naomi
12.30 - 13.20	Active Heart Gentle Circuit FG		S	Jill
12.30 - 13.00	Les Mills SPRINT Virtual		I	N/A
13.10 - 14.00	Aqua Zumba FG		P	Naomi
13.45 - 14.35	Chair Based Exercise FG		S	Jill
15.00 - 16.00	Stretch & Restore Yoga FG		S	Lynsey
16.15 - 17.10	Les Mills RPM Virtual		I	N/A
17.20 - 17.50	HIITStep		S	Chantelle
17.30 - 18.20	Warrior Fit		TZ	Callum
18.00 - 18.50	Circuits		SH	Deby
18.00 - 18.50	Les Mills THE TRIP Virtual		I	N/A
18.00 - 19.00	Les Mills BodyJam (J)		S	Sohaila
18.00 - 18.45	Les Mills Core		H	Chantelle
18.10 - 19.00	Aqua Zumba FG		P	Emma
18.30 - 19.20	Box Fit		TZ	Callum
19.00 - 19.55	Les Mills Body Balance		H	Chantelle
19.00 - 19.30	Les Mills SPRINT		I	Sue
19.15 - 20.00	Clubberise		SH	Deby
19.15 - 20.10	Les Mills Body Pump		S	Sohaila

Friday

06.15 - 07.00	Bootcamp		TZ	Chantelle
06.15 - 06.45	Les Mills Sprint		I	Joe
07.15 - 08.00	Les Mills THE TRIP Virtual		I	N/A
09.15 - 10.00	Les Mills Body Pump		S	Lorraine
09.30 - 10.20	Les Mills THE TRIP Virtual		I	N/A
09.30 - 10.20	Pilates		H	Tina
10.30 - 11.20	Mission to Condition		SH	Laura
10.30 - 11.20	Les Mills Body Balance		H	Sue
10.30 - 11.20	Les Mills THE TRIP Virtual		I	N/A
10.30 - 11.20	Zumba (J)		S	Naomi
12.00 - 12.50	ABC Circuit FG		SH	Jill
12.10 - 13.00	Les Mills RPM Virtual		I	N/A
13.00 - 13.50	Aqua Fit FG		P	Tony
13.00 - 13.50	Zumba Gold FG		SH	Naomi
16.00 - 16.45	Les Mills RPM Virtual		I	N/A
17.30 - 18.20	Bootcamp		TZ	Sam
17.30 - 18.20	Les Mills RPM (J)		I	Dave
17.30 - 18.20	Les Mills Body Combat		S	Sohaila
17.30 - 18.20	Zumba (J)		SH	Naomi
18.30 - 19.20	Les Mills THE TRIP (J)		I	Sam
18.30 - 19.20	Les Mills Body Balance		H	Tina
18.30 - 19.25	Les Mills Body Pump		S	Sohaila

Wednesday

06.15 - 07.00	Bootcamp		TZ	Chantelle
06.15 - 07.00	Les Mills THE TRIP		I	Joe
07.15 - 07.45	Les Mills SPRINT Virtual		I	N/A
08.15 - 09.00	Les Mills THE TRIP Virtual		I	N/A
09.30 - 10.20	Les Mills Body Pump		S	Sohaila
09.30 - 10.20	Fitness Pilates		H	Laura
09.30 - 10.20	Les Mills THE TRIP Virtual		I	N/A
10.30 - 11.30	Nordic Walking FG		O	Jill
10.30 - 11.20	Les Mills Sh'Bam		S	Sohaila
10.30 - 11.20	Absolute Glutes & Core		SH	Laura
10.30 - 11.20	Supple Strength		H	Lorraine
10.45 - 11.30	Les Mills THE TRIP Virtual		I	N/A
11.30 - 12.20	Clubbercise (J)		SH	Deby
12.00 - 12.50	Aqua Fit FG		P	Lorraine
12.15 - 13.00	Les Mills THE TRIP Virtual		I	N/A
12.30 - 13.20	Tai Chi FG		H	Larry
13.30 - 14.20	Seated Tai Chi FG		H	Larry
16.00 - 16.30	Les Mills SPRINT Virtual		I	N/A
17.15 - 17.45	HIIT		TZ	Deby
17.15 - 18.10	Yoga		H	Cheryl
17.30 - 18.25	Les Mills Body Pump		S	Suzanne
17.45 - 18.35	Aqua Zumba FG		P	Naomi
18.00 - 18.50	Strength Coaching		TZ	Gustavo
18.15 - 19.15	Pilates		H	Cheryl
18.30 - 19.20	Les Mills Body Combat		S	Lorraine
18.30 - 19.20	Les Mills THE TRIP		I	Joe
18.30 - 19.20	Climb Fit		XHeight	XHeight Team
19.30 - 20.20	Les Mills Body Attack		S	Joe
19.30 - 20.00	Les Mills Sprint		I	Cheryl
19.30 - 20.20	Zumba Gold FG		H	Emma

Saturday

08.15 - 09.00	Les Mills RPM (J)		I	Dave
08.15 - 09.10	Weekend Wake Up		TZ	Alex
09.00 - 10.00	Les Mills Body Balance		H	Tina
09.00 - 09.55	Les Mills Body Pump		S	Suzanne
09.10 - 10.00	Les Mills THE TRIP (J)		I	Joe
10.05 - 10.55	Les Mills Body Attack		S	Joe
10.30 - 11.20	Fitness Pilates		H	Laura
11.15 - 12.00	Les Mills THE TRIP Virtual		I	N/A
11.30 - 12.30	Les Mills BodyJam (J)		S	Sohaila
14.15 - 15.00	Les Mills RPM Virtual		I	N/A
15.15 - 15.45	Les Mills SPRINT Virtual		I	N/A

Sunday

08.15 - 09.15	Reptensity		TZ	Laura
08.30 - 09.20	Les Mills Body Pump		S	Joe
08.30 - 09.20	Les Mills RPM		I	Dave
08.30 - 09.20	Tabata		SH	Chantelle
09.30 - 10.20	Les Mills Body Combat		S	Sohaila
09.30 - 10.20	Stretch Fit		H	Laura
09.30 - 10.20	Les Mills THE TRIP		I	Joe
10.30 - 11.20	Pilates		S	Tina
11.15 - 12.00	Les Mills THE TRIP Virtual		I	N/A
11.30 - 12.20	Zumba		S	Naomi
14.15 - 15.00	Les Mills THE TRIP Virtual		I	N/A
15.15 - 15.45	Les Mills SPRINT Virtual		I	N/A
16.00 - 16.50	Les Mills THE TRIP		I	Dave