

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXPRESS SPIN 09.00 - 9:30am	EXPRESS SPIN 09.00 - 9:30am	EXPRESS SPIN 08:45 - 9:15am	Les Mills BODY COMBAT Lauren 09:15 - 10:15am	BURN CYCLE 09:00 - 9:45am	BURN CYCLE 09:00 - 09:45am	Les Mills BODY COMBAT Lauren 10:00 - 11:00am
LBT Lauren 09:45 - 10:45am	TABATA Marie 09:45 - 10:30am	Les Mills BODY COMBAT Lauren 09:30-10:15am	Les Mills BODY COMBAT Marie 6:00 - 6:45pm	TABATA 10:15 - 11:00am	KETTLES WORKOUT Kelly 10:00 - 11:00am	
EXPRESS SPIN 5:30 - 6:00pm	Les Mills BODY COMBAT Lauren 5.30 - 6.15pm	LBT Lauren 10:30 - 11:15am	Les Mills BODY PUMP Marie 7:00 - 7:45pm	EXPRESS SPIN 5:30 - 6:00pm		
Les Mills BODY PUMP Lauren 6.15 - 7.15pm	LBT Lauren 6.30 - 7.15pm	BURN CYCLE 5:30 - 6:15pm				
		TABATA 6:30 - 7:15pm				

