

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>EXPRESS SPIN</b> 09:00 - 9:30am	<b>EXPRESS SPIN</b> 09:00 - 9:30am	<b>EXPRESS SPIN</b> 08:45 - 9:15am	<b>Les Mills BODY COMBAT</b> Lauren 09:30 - 10:30am	<b>BURN CYCLE</b> 09:00 - 9:45am	<b>BURN CYCLE</b> 09:00 - 09:45am	<b>Les Mills BODY COMBAT</b> Lauren 10:00 - 11:00am
<b>LBT</b> Lauren 09:45 - 10:45am	<b>TABATA</b> Marie 09:45 - 10:30am	<b>Les Mills BODY COMBAT</b> Lauren 09:30-10:15am	<b>Les Mills BODY COMBAT</b> Marie 6:00 - 6:45pm	<b>STRENGTH &amp; CONDITIONING</b> 10:00 - 10:45am	<b>KETTLES WORKOUT</b> Kelly 10:00 - 11:00am	
<b>Les Mills BODY PUMP</b> Lauren 5.30 - 6.15pm	<b>Les Mills BODY COMBAT</b> Lauren 5.30 - 6.15pm	<b>LBT</b> Lauren 10:30 - 11:15am	<b>Les Mills BODY PUMP</b> Marie 7:00 - 7:45pm	<b>KETTLES</b> Kelly 6:00 - 7:00pm		
<b>CLUBBERCISE</b> Lauren 6:30 - 7:30pm	<b>LBT</b> Lauren 6.30 - 7.15pm	<b>BURN CYCLE</b> 5:30 - 6:15pm				
		<b>MOVEMENT</b> Josie 6:30 - 7:30pm				

