

EASTER TIMETABLE

15th – 21st April



GROUP FITNESS - STUDIO 1

TIME	Mon 15 th	Tue 16 th	Wed 17 th	Thu 18 th	Fri 19 th	Sat 20 th	Sun 21 st
5:30am	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP Sherrel	LES MILLS GRIT CARDIO 5.45am Jade	LES MILLS BODYCOMBAT Tioita	CLOSED		
6:30am	ABT Celeste	THE ZUU Kane	LES MILLS BODYPUMP Express Jade	ABT Courtney			
7:00am	LES MILLS GRIT CARDIO Celeste		METAFIT Karen Capper	LES MILLS GRIT STRENGTH Courtney		LES MILLS GRIT STRENGTH Ben W 6.45am	
7:30am	HEALTHY + ACTIVE Lesley 7:35AM		HEALTHY + ACTIVE Lesley 7:35AM			BOXFIT Anil	
8:30am	LES MILLS BODYSTEP Karen Ruttly	LES MILLS BODYPUMP Tioita	LES MILLS BODYPUMP Sandra	LES MILLS GRIT CARDIO 8.45am Sherrel		LES MILLS BODYPUMP George	LES MILLS BODYPUMP Amanda
9:30am	LES MILLS BODYPUMP Jacqui	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYSTEP Nathalie	LES MILLS BODYPUMP Tioita		LES MILLS BODYCOMBAT Cesar	LES MILLS BODYCOMBAT Express Amanda
10.30am	LES MILLS BODYATTACK Express Nathalie	ABT Lisa W.	LES MILLS SH'BAM Louise	Sam H. HYPER C RADICAL FITNESS			
12.15pm	LES MILLS BODYPUMP Express Melinda						
3:30pm						NO CLASS	NO CLASS
4.00pm	LES MILLS GRIT CARDIO Jade	METAFIT Michelle	LES MILLS GRIT CARDIO Sherrel				
4:45pm	LES MILLS BODYPUMP Amanda	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Sherrel	METAFIT Ben H.			
5:45pm	LES MILLS BODYATTACK Laura-Deen	LES MILLS BODYPUMP Louise	LES MILLS BODYATTACK Crystal	LES MILLS BODYCOMBAT Maria			
6:45pm	BOXFIT Anil	LES MILLS SH'BAM Louise	BOXFIT Kane	LES MILLS BODYPUMP Ben W.			

CYCLE - STUDIO 2

5:30am	LES MILLS sprint Karen Capper	LES MILLS RPM Libby	TOPRIDE Karen Capper	LES MILLS RPM Emma	CLOSED		
7:30am						CYCLE Performance Karen Capper	
8:30am							LES MILLS RPM Emma
9:30am	LES MILLS RPM George	TOPRIDE	LES MILLS sprint Jason	LES MILLS RPM Geoff			
12.15pm			LES MILLS RPM Express Louise				
4.45pm	TOPRIDE Amy		LES MILLS RPM Emma	LES MILLS RPM Adam			
6.00pm		LES MILLS sprint Karen Capper					

MIND & BODY - STUDIO 3

6:30am	RESTORATIVE YOGA Lorin		Sam H. HYPER C RADICAL FITNESS		CLOSED		
7:30am				YOGA Lorin		BEGINNERS YOGA Lesley	
8:30am	FITBALL Lorin		BEGINNERS YOGA Danielle			FITBALL Lesley	BEGINNERS YOGA Darren
9:30am	PILATES Lorin	LES MILLS BODYBALANCE Kelly	YOGA Danielle	PILATES Lorin		YOGA Rachel	RESTORATIVE YOGA Sonali
10:30am	YOGA Angela	MEDITATION YOGA 90min	LES MILLS BODYBALANCE Dolores	LES MILLS BODYBALANCE Melinda			YOGA Darren
11:30am		10.30am - 12pm Kelly 90min					
3:30pm						NO CLASS	
5:00pm	Booty X Melinda	LES MILLS CXWORX Louise	LES MILLS CXWORX Ben W.	ABT Melinda			NO CLASS
5:45pm	LES MILLS BODYBALANCE Melinda	PILATES Bree	PILATES Lesley	YOGA Melinda			
6:45pm	YOGA Darren	RESTORATIVE YOGA Bree	BEGINNERS YOGA Angela				

Please arrive in plenty of time to begin your class. Late arrivals may be refused entry to class