

EASTER & ANZAC TIMETABLE

22nd – 28th April



GROUP FITNESS - STUDIO 1

TIME	Mon 22 nd	Tue 23 rd	Wed 24 th	Thu 25 th	Fri 26 th	Sat 27 th	Sun 28 th
5:30am	NO CLASS	LES MILLS BODYPUMP Sherrel	LES MILLS GRIT CARDIO 5.45am Jade	NO CLASS	LES MILLS BODYPUMP Nathalie		
6:30am	NO CLASS	THE ZUU Kane	LES MILLS BODYPUMP Express Jade	NO CLASS	LES MILLS GRIT CARDIO Stacey		
7:00am	LES MILLS GRIT CARDIO Celeste		METAFIT Karen Capper	NO CLASS	Booty X Martell	LES MILLS GRIT STRENGTH Ben W 6.45am	
7:30am	HEALTHY + ACTIVE Lesley 7:35AM		HEALTHY + ACTIVE Lesley 7:35AM		HEALTHY + ACTIVE Chris 7:35AM	BOXFIT Anil	
8:30am	LES MILLS BODYSTEP Karen Rutty	LES MILLS BODYPUMP Tioita	LES MILLS BODYPUMP Sandra	NO CLASS	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP George	LES MILLS BODYPUMP Amanda
9:30am	LES MILLS BODYPUMP Jacqui	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYSTEP Nathalie	NO CLASS	LES MILLS BODYATTACK Nathalie	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYCOMBAT Express Amanda
10.30am	NO CLASS	ABT Lisa W.	LES MILLS SH'BAM Louise	NO CLASS	LES MILLS BODYPUMP Karen Rutty		
12.15pm	NO CLASS						
3:30pm						LES MILLS BODYPUMP	LES MILLS BODYPUMP Louise
4.00pm	NO CLASS	METAFIT Michelle	LES MILLS GRIT CARDIO Sherrel				
4:45pm	LES MILLS BODYPUMP Amanda	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Sherrel	NO CLASS	THE ZUU Kane		
5:45pm	LES MILLS BODYATTACK Laura-Deen	LES MILLS BODYPUMP Louise	LES MILLS BODYATTACK Crystal	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Louise		
6:45pm	NO CLASS	LES MILLS SH'BAM Louise	BOXFIT Kane	NO CLASS			

CYCLE - STUDIO 2

5:30am	NO CLASS	LES MILLS RPM Libby	TOPRIDE Karen Capper	NO CLASS	LES MILLS sprint Karen Capper		
7:30am						CYCLE Performance Karen Capper	
8:30am							LES MILLS RPM Emma
9:30am	LES MILLS RPM George	TOPRIDE	LES MILLS sprint Jason	NO CLASS	LES MILLS sprint		
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	NO CLASS		Sam H. HYPER C RADICAL FITNESS		YOGA Lorin		
7:30am				NO CLASS	PILATES Lorin	BEGINNERS YOGA Lesley	
8:30am	NO CLASS		BEGINNERS YOGA Danielle			FITBALL Lesley	BEGINNERS YOGA Darren
9:30am	PILATES Lorin	LES MILLS BODYBALANCE Kelly	YOGA Danielle	NO CLASS	BEGINNERS YOGA Danielle	YOGA Rachel	RESTORATIVE YOGA Sonali
10:30am	YOGA Angela	MEDITATION YOGA	LES MILLS BODYBALANCE Dolores	NO CLASS	MEDITATION YOGA		YOGA Darren
11:30am		10.30am - 12pm Kelly 90min			10.30am - 12 pm Danielle 90min		
3:30pm						YOGA Darren	
5:00pm	Booty X Melinda	LES MILLS CXWORX Louise	LES MILLS CXWORX Ben W.	ABT Melinda			LES MILLS BODYBALANCE Louise 4.30PM
5:45pm	LES MILLS BODYBALANCE Melinda	PILATES Bree	PILATES Lesley	YOGA Melinda	RESTORATIVE YOGA Angela		
6:45pm	NO CLASS	RESTORATIVE YOGA Bree	BEGINNERS YOGA Angela				

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