



Group Fitness Autumn Timetable

March - May 2019

Group Fitness - Studio 1

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP Sherrel		LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Nathalie		
5:45 AM			LES MILLS GRIT CARDIO Jade				
6:30 AM	ABT Celeste	THE ZUU Kane	LES MILLS EXPRESS BODYPUMP Jade	ABT Courtney	LES MILLS GRIT CARDIO Stacey		
6:45 AM						LES MILLS GRIT STRENGTH Ben W	
7:00 AM	LES MILLS GRIT CARDIO Celeste		METAFIT Karen Capper	LES MILLS GRIT STRENGTH Courtney	BOOTY X Martell		
7:30 AM						BOXFIT Anil	
7:35 AM	HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Chris		
8:30 AM	LES MILLS BODYSTEP Karen Rutty	LES MILLS BODYPUMP Tioita	LES MILLS BODYPUMP Sandra		LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP Jenny	LES MILLS BODYPUMP Amanda
8:45 AM				LES MILLS GRIT CARDIO Sherrel			
9:30 AM	LES MILLS BODYPUMP Jacqui	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYSTEP Nathalie	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Nathalie	LES MILLS BODYCOMBAT Cesar	LES MILLS EXPRESS BODYCOMBAT Amanda
10:30 AM	LES MILLS EXPRESS BODYATTACK Nathalie	ABT Lisa W	LES MILLS SH'BAM Sam	HYPER C RADICAL FITNESS Sam H.	LES MILLS BODYPUMP Karen Rutty		
12:15 PM	LES MILLS EXPRESS BODYPUMP Melinda						
3:30 PM						LES MILLS BODYPUMP Louise	LES MILLS BODYPUMP Kelly
4:00 PM	LES MILLS GRIT CARDIO Jade	METAFIT Michelle	LES MILLS GRIT CARDIO Sherrel				
4:45 PM	LES MILLS BODYPUMP Amanda	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Sherrel	METAFIT Ben H.	THE ZUU Kane		
5:45 PM	LES MILLS BODYATTACK Laura-Deen	LES MILLS BODYPUMP Louise	LES MILLS BODYATTACK Kylee	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Louise		
6:45 PM	BOXFIT Anil	LES MILLS SH'BAM Sam	BOXFIT Kane	LES MILLS BODYPUMP Kristen			