

# Group Fitness Autumn Timetable

March - May 2019

Group Fitness - Studio 1

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