



HOLIDAY SCHEDULE

Main Studio 1 / Gym Floor & Outdoor

| TIME | MON 23 DEC | TUES 24 DEC | WED 25 DEC | THURS 26 DEC | FRI 27 DEC | SAT 28 DEC | SUN 29 DEC |
|----------|---|---------------------------------|---------------|---------------------------------|-------------------------------|--------------------------------------|---|
| 5.30 AM | | LES MILLS BODYPUMP | | | LES MILLS BODYPUMP | | |
| 6.00 AM | LES MILLS GRIT STRENGTH | | | | | | |
| 6.30 AM | | | | | | LES MILLS GRIT STRENGTH | |
| 7.30 AM | HEALTHY + ACTIVE | | | | HEALTHY + ACTIVE | HIIT 30 | |
| 8.30 AM | LES MILLS BODYSTEP | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | LES MILLS BODYPUMP |
| 9.30 AM | LES MILLS BODYPUMP HIIT 30 | LES MILLS BODYCOMBAT | | LES MILLS BODYCOMBAT | HIIT 30 | LES MILLS BODYCOMBAT | LES MILLS BODYCOMBAT EXPRESS |
| 10.30 AM | | | | | | ZUMBA | |
| 4.45 PM | LES MILLS BODYPUMP | | | | | | |
| 5.00 PM | EXPRESS | | | | | | |
| 5.45 PM | LES MILLS BODYATTACK | | | | | | |

CYCLE STUDIO 2

| TIME | MON 23 DEC | TUES 24 DEC | WED 25 DEC | THURS 26 DEC | FRI 27 DEC | SAT 28 DEC | SUN 29 DEC |
|---------|-----------------------------|--------------------------|---------------|--------------------------|---|--------------------------|--------------------------|
| 5.30 AM | LES MILLS sprint | LES MILLS RPM | | | LES MILLS sprint | | |
| 7.30 AM | | | | | | LES MILLS RPM | |
| 8.30 AM | | | | | | | LES MILLS RPM |
| 9.30 AM | LES MILLS RPM | LES MILLS RPM | | LES MILLS RPM |  | | |



HOLIDAY SCHEDULE

MIND & BODY STUDIO 3

| TIME | MON 23 DEC | TUES 24 DEC | WED 25 DEC | THURS 26 DEC | FRI 27 DEC | SAT 28 DEC | SUN 29 DEC |
|----------|--|--|---------------|----------------------|---|---|---|
| 6.30 AM | | YOGA | | | YOGA | PILATES | |
| 7.30 AM | | | | | | <small>BEGINNERS</small> YOGA | |
| 8.30 AM | <small>RESTORATIVE</small> YOGA | | | | <small>RESTORATIVE</small> YOGA | YOGA | <small>BEGINNERS</small> YOGA |
| 9.30 AM | PILATES | <small>LES MILLS</small> BODYBALANCE | | PILATES | <small>BEGINNERS</small> YOGA | | YOGA |
| 10.30 AM | YOGA | <small>BEGINNERS</small> YOGA | | Stretch & RELEASE | YOGA | | |
| 3.45 PM | | | | | | | |
| 4.45 PM | PILATES | | | | | | |
| 5.00 PM | | | | | Stretch & RELEASE | | |
| 5.45 PM | <small>LES MILLS</small> BODYBALANCE | | | | <small>RESTORATIVE</small> YOGA | | |

REFORMER STUDIO

| TIME | MON 23 DEC | TUES 24 DEC | WED 25 DEC | THURS 26 DEC | FRI 27 DEC | SAT 28 DEC | SUN 29 DEC |
|----------|-----------------|-----------------|---------------|-----------------|-----------------|-----------------|-----------------|
| 5.30 AM | STRENGTH | STRENGTH | | | HYBRID | | |
| 6.30 AM | MOVEMENT | STRENGTH | | | STRENGTH | | |
| 7.30 AM | HYBRID | | | | HYBRID | MOVEMENT | |
| 8.30 AM | | MOVEMENT | | HYBRID | | STRENGTH | STRENGTH |
| 9.30 AM | | STRENGTH | | STRENGTH | MOVEMENT | MOVEMENT | MOVEMENT |
| 10.30 AM | MOVEMENT | | | | MOVEMENT | | |
| 4.30 PM | STRENGTH | | | | | | |
| 5.30 PM | HYBRID | | | | | | |




HOLIDAY SCHEDULE

Main Studio 1 / Gym Floor & Outdoor

| TIME | MON 30 DEC | TUES 31 DEC | WED 1 JAN | THURS 2 JAN | FRI 3 JAN | SAT 4 JAN | SUN 5 JAN |
|----------|---|-----------------------------|--------------|-----------------------------|---------------------------|----------------------------------|-------------------------------------|
| 5.30 AM | | LES MILLS BODYPUMP | | HIIT 30 | LES MILLS BODYPUMP | | |
| 6.00 AM | LES MILLS GRIT STRENGTH | OUTDOOR WARRIORS | | TOTAL ABS | | | |
| 6.30 AM | | | | | | LES MILLS GRIT STRENGTH | |
| 7.30 AM | HEALTHY + ACTIVE | | | | HEALTHY + ACTIVE | HIIT 30 | |
| 8.30 AM | LES MILLS BODYSTEP | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | LES MILLS BODYPUMP |
| 9.30 AM | LES MILLS BODYPUMP HIIT 30 | LES MILLS BODYCOMBAT | | LES MILLS BODYCOMBAT | HIIT 30 | LES MILLS BODYCOMBAT | LES MILLS BODYCOMBAT EXPRESS |
| 10.30 AM | | | | | | ZUMBA | |
| 4.00 PM | STRONG30 | | | STRONG30 | | | |
| 4.45 PM | LES MILLS BODYPUMP | | | | | | |
| 5.00 PM | | | | | | | |
| 5.45 PM | LES MILLS BODYATTACK EXPRESS | | | LES MILLS BODYSTEP | | | |
| 6.45 PM | | | | LES MILLS BODYPUMP | | | |

CYCLE STUDIO 2

| TIME | MON 30 DEC | TUES 31 DEC | WED 1 JAN | THURS 2 JAN | FRI 3 JAN | SAT 4 JAN | SUN 5 JAN |
|---------|-------------------------|----------------------|--------------|----------------------|---|----------------------|----------------------|
| 5.30 AM | LES MILLS sprint | LES MILLS RPM | | | LES MILLS sprint | | |
| 7.30 AM | | | | | | LES MILLS RPM | |
| 8.30 AM | | | | | | | LES MILLS RPM |
| 9.30 AM | LES MILLS RPM | LES MILLS RPM | | LES MILLS RPM |  | | |



HOLIDAY SCHEDULE

MIND & BODY STUDIO 3

| TIME | MON 30 DEC | TUES 31 DEC | WED 1 JAN | THURS 2 JAN | FRI 3 JAN | SAT 4 JAN | SUN 5 JAN |
|----------|--|--|--------------|---|---|---|---|
| 6.30 AM | | YOGA | | | YOGA | PILATES | |
| 7.30 AM | | | | | | <small>BEGINNERS</small> YOGA | |
| 8.30 AM | <small>RESTORATIVE</small> YOGA | | | | <small>RESTORATIVE</small> YOGA | YOGA | <small>BEGINNERS</small> YOGA |
| 9.30 AM | PILATES | <small>LES MILLS</small> BODYBALANCE | | PILATES | <small>BEGINNERS</small> YOGA | | YOGA |
| 10.30 AM | YOGA | <small>BEGINNERS</small> YOGA | | Stretch & RELEASE | YOGA | | |
| 3.45 PM | | | | | | | |
| 4.45 PM | PILATES | | | <small>BEGINNERS</small> YOGA | | | |
| 5.00 PM | | | | | Stretch & RELEASE | | |
| 5.45 PM | <small>LES MILLS</small> BODYBALANCE | | | PILATES | <small>RESTORATIVE</small> YOGA | | |

REFORMER STUDIO

| TIME | MON 30 DEC | TUES 31 DEC | WED 1 JAN | THURS 2 JAN | FRI 3 JAN | SAT 4 JAN | SUN 5 JAN |
|----------|-----------------|-----------------|--------------|-----------------|-----------------|-----------------|-----------------|
| 5.30 AM | STRENGTH | STRENGTH | | MOVEMENT | HYBRID | | |
| 6.30 AM | MOVEMENT | STRENGTH | | MOVEMENT | STRENGTH | | |
| 7.30 AM | HYBRID | | | | HYBRID | MOVEMENT | |
| 8.30 AM | | MOVEMENT | | HYBRID | | STRENGTH | STRENGTH |
| 9.30 AM | | STRENGTH | | STRENGTH | MOVEMENT | MOVEMENT | MOVEMENT |
| 10.30 AM | MOVEMENT | | | | MOVEMENT | | |
| 4.30 PM | STRENGTH | | | MOVEMENT | | | |
| 5.30 PM | HYBRID | | | MOVEMENT | | | |