























May Timetable





Studio 1

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	LES MILLS RPM 		CORE 	LES MILLS BODYSTEP 	LES MILLS BODYBALANCE 		
7:30am						CORE 	
8:30am						LES MILLS RPM 	
9:30am		CIRCUIT TRAINING 		CIRCUIT TRAINING 		PILATES 	LES MILLS BODYSTEP 
10:30am						LES MILLS BODYATTACK 	LES MILLS BODYPUMP 
11:30am			ZUMBA 				
4:30pm				BOXING 			
5:30pm	LES MILLS BODYSTEP 	ZUMBA 	LES MILLS RPM 	CORE 	ZUMBA 		
6:15pm	LES MILLS BODYBALANCE 			LES MILLS BODYATTACK 			
6:30pm			LES MILLS BODYPUMP 				





























































Studio 2

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:30pm	BOOTCAMP 	HIIT 					
5:30pm	BOOTCAMP 	HIIT 					

Virtual Classes

ALL VIRTUAL CLASSES ARE HELD IN STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am	LES MILLS BODYPUMP 	LES MILLS RPM 	CORE 	LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 	ONDEMAND	ONDEMAND
4:45am		LES MILLS BODYPUMP 		LES MILLS BODYPUMP 			
5:00am	LES MILLS BODYPUMP 		LES MILLS RPM 		LES MILLS BODYCOMBAT 		
5:45am		LES MILLS BODYPUMP 				LES MILLS BODYPUMP 	
6:30am		CORE 					LES MILLS BODYPUMP 
6:45am	CORE 		LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 			
7:30am		LES MILLS BODYCOMBAT 	LES MILLS BODYBALANCE 	CORE 	LES MILLS BODYCOMBAT 		LES MILLS RPM 
8:00am	LES MILLS BODYCOMBAT 		LES MILLS SH'BAM 	LES MILLS BODYBALANCE 			
8:30am		CORE 					
9:00am	LES MILLS BODYPUMP 		LES MILLS BODYPUMP 		LES MILLS BODYPUMP 		
10:40am	CORE 	LES MILLS BODYPUMP 			CORE 		
12:15pm	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND
2:00pm	LES MILLS SH'BAM 	LES MILLS RPM 	LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 	LES MILLS BODYCOMBAT 	LES MILLS RPM 	ONDEMAND
3:00pm	LES MILLS BODYPUMP 	LES MILLS SH'BAM 	LES MILLS BODYBALANCE 	LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 	LES MILLS BODYBALANCE 
4:00pm	LES MILLS RPM 	CORE 	LES MILLS BODYPUMP 	LES MILLS RPM 	LES MILLS SH'BAM 	LES MILLS BODYPUMP 	LES MILLS RPM 
4:45pm		LES MILLS RPM 			CORE 		
5:00pm						LES MILLS BODYBALANCE 	LES MILLS BODYCOMBAT 
7:00pm	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 			LES MILLS BODYPUMP 	LES MILLS BODYPUMP 	

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use



45 min class

Virtual On Demand to commence from 8pm-4am daily and 12-2pm Monday-Friday, 12-3pm & 6pm onwards on Sundays.
Virtual classes can be selected On Demand throughout these times.



30 min class