





# THE SPIKE ZONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	<b>S &amp; C</b> Makayla	<b>HIIT</b> Steve	<b>Circuit</b> Makayla	<b>ABT</b> Liam	<b>Core &amp; Cardio</b> Warren	
6:15am	 <b>LES MILLS BODYPUMP</b> Makayla	<b>HIIT</b> Steve	<b>Circuit</b> Makayla	<b>ABT</b> Liam	<b>Core &amp; Cardio</b> Susie	
7:30am						<b>Bootcamp</b> Warren & Liam
7:30am		<b>ABT</b> Makayla			 <b>LES MILLS BODYPUMP</b> Makayla	<b>Reformer*</b> Sarelle
8:00am			 <b>LES MILLS BODYPUMP</b> Sarelle			
8:30am	<b>Circuit</b> Makayla	<b>Total Tone</b> Sarelle		<b>Circuit</b> Makayla	<b>ABT</b> Liam	<b>Reformer*</b> Sarelle
9:30am	<b>TABATA</b> Makayla	<b>Total Tone</b> Sarelle	<b>S &amp; C</b> Susie	<b>HIIT</b> Steve	<b>ABT</b> Liam	
10:30am				<b>Fit 2 Dance</b> Kristie		
4:30pm		<b>Arms &amp; Abs</b> Josh		<b>Circuit</b> Susie		
5:30pm	<b>HIIT</b> Warren	 <b>LES MILLS BODYPUMP</b> Sarelle	<b>S &amp; C</b> Makayla	<b>Circuit</b> Susie		
6:30pm		<b>Fit 2 Dance</b> Kristie				

# THE VIRTUAL ZONE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am			Reformer* Sarelle	LES MILLS THE TRIP VIRTUAL			
6:15am		LES MILLS sprint VIRTUAL		LES MILLS sprint VIRTUAL	LES MILLS RPM Josh		
6:30am			General Yoga Lucinda			LES MILLS THE TRIP VIRTUAL	LES MILLS sprint VIRTUAL
7:30am	Reformer* Sarelle				Reformer* Sarelle		LES MILLS THE TRIP VIRTUAL
7:45am		LES MILLS RPM Josh	LES MILLS sprint VIRTUAL	LES MILLS THE TRIP VIRTUAL		General Yoga Jane	
8:30am							LES MILLS THE TRIP VIRTUAL
9:00am				Moderate Yoga Nadia		General Yoga Lucinda/Alex	
9:30am	Reformer* Sarelle	General Yoga Jane	Pilates Clare		Power Pilates Sarelle		LES MILLS THE TRIP VIRTUAL
10:15am					Express Stretch Sarelle	Yin Yoga Lucinda/Alex	
10:30am	Moderate Yoga Alex		Reformer* Sarelle	LES MILLS sprint VIRTUAL			LES MILLS RPM VIRTUAL
12:00pm	LES MILLS sprint VIRTUAL	Reformer* Sarelle	LES MILLS sprint VIRTUAL		LES MILLS sprint VIRTUAL		LES MILLS sprint VIRTUAL
4:30pm	Power Pilates Sarelle				LES MILLS THE TRIP VIRTUAL	LES MILLS THE TRIP VIRTUAL	LES MILLS THE TRIP VIRTUAL
5:30pm	Power Pilates Sarelle	Pilates Michelle	Yoga to De-Stress Jane	LES MILLS THE TRIP VIRTUAL			
6:30pm	General Yoga Lucinda	Reformer* Sarelle	Reformer* Sarelle	Yin Yoga Alex			