

THE SPIKE ZONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	S & C Makayla	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Warren	
6:15am	LES MILLS BODY PUMP Makayla	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Makayla	
7:30am						Bootcamp Warren & Liam
7:30am					LES MILLS BODY PUMP Makayla	Reformer* Sarelle
8:00am			LES MILLS BODY PUMP Sarelle			
8:30am	Circuit Makayla	Total Tone Sarelle		Circuit Makayla	ABT Liam	Reformer* Sarelle
9:30am	TABATA Makayla	Total Tone Sarelle	S & C Makayla	HIIT Makayla	ABT Liam	
10:30am				Fit 2 Dance Kristie		
4:30pm				Circuit Andrew		
5:30pm	HIIT Warren	LES MILLS BODY PUMP Sarelle	S & C Makayla			
6:30pm		Fit 2 Dance Kristie				

THE VIRTUAL ZONE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		LES MILLS GRIT VIRTUAL		LES MILLS THE TRIP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS RPM VIRTUAL	
6:15am	LES MILLS BODYBALANCE VIRTUAL	LES MILLS THE TRIP VIRTUAL		LES MILLS GRIT VIRTUAL	LES MILLS RPM VIRTUAL		
6:30am			General Yoga Lucinda			LES MILLS THE TRIP VIRTUAL	LES MILLS GRIT VIRTUAL
7:30am	Reformer* Sarelle	LES MILLS RPM JOSH		LES MILLS RPM ANDREA	Reformer* Sarelle		LES MILLS BODYPUMP VIRTUAL
7:45am			LES MILLS sprint VIRTUAL			General Yoga Jane	
8:30am	Reformer* Sarelle	General Yoga Jane	LES MILLS GRIT VIRTUAL		LES MILLS GRIT VIRTUAL		LES MILLS THE TRIP VIRTUAL
9:00am				Moderate Yoga Nadia		General Yoga Lucinda/Alex	
9:30am	Power Pilates Sarelle	General Yoga Jane	Pilates Clare		Power Pilates Sarelle		BODYATTACK VIRTUAL
10:15am						Yin Yoga Lucinda/Alex	
10:30am	LES MILLS BODYBALANCE VIRTUAL		Reformer* Sarelle	LES MILLS sprint VIRTUAL	LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL
12:00pm	LES MILLS sprint VIRTUAL		LES MILLS GRIT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS sprint VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL
1:00pm		BODYCOMBAT VIRTUAL		LES MILLS BODYCOMBAT VIRTUAL	LES MILLS THE TRIP VIRTUAL		
2:00pm		LES MILLS CORE VIRTUAL		LES MILLS DANCE VIRTUAL			
4:30pm	Power Pilates Sarelle	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS GRIT VIRTUAL		LES MILLS RPM VIRTUAL	LES MILLS THE TRIP VIRTUAL
5:30pm	Power Pilates Sarelle	Pilates Michelle	Yoga to De-Stress Jane	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL		
6:30pm	General Yoga Lucinda	Reformer* Sarelle		Yoga to De-Stress Alex			

