





THE SPIKE ZONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	S & C Sarelle	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Warren	
6:15am	 LES MILLS BODYPUMP Sarelle	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Warren	
7:30am						Bootcamp Warren & Liam
7:30am					 LES MILLS BODYPUMP Makayla	Reformer* Sarelle
8:00am			 LES MILLS BODYPUMP Makayla			
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 BODYPUMP 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 CORE 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 BODYATTACK VIRTUAL	LES MILLS GRIT VIRTUAL		LES MILLS THE TRIP VIRTUAL
9:00am						General Yoga Lucinda/Alex	
9:30am	Power Pilates Sarelle	General Yoga Jane	Pilates Clare	Moderate Yoga Nadia	Power Pilates Sarelle		LES MILLS BODYBALANCE VIRTUAL
10:15am						Yin Yoga Lucinda/Alex	
10:30am	LES MILLS BODYBALANCE VIRTUAL		Reformer* Sarelle		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYATTACK VIRTUAL
11:30am							LES MILLS DANCE VIRTUAL
12:00pm	LES MILLS sprint VIRTUAL		LES MILLS GRIT VIRTUAL		LES MILLS sprint VIRTUAL	LES MILLS BODYPUMP VIRTUAL	
1:00pm		LES MILLS 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 BODYCOMBAT 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 Nadia			