

WEEK ONE • MONDAY 24 DEC - SUNDAY 30 DEC

GROUP FITNESS **STUDIO 1**

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TIME	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
5.45am	Lesmills BODYPUMP VIRTUAL			POWER HIIT Diane	BODYPUMP VIRTUAL		
7.05am	Lesmils BODYCOMBAT VIRTUAL			BODYCOMBAT VIRTUAL	BODYCOMBAT VIRTUAL		
8.10am			Oeb gold			BOXING Teresa	BODYSTEP Meredith
9.10am	BODYPUMP Lisa, Cat and Emily		BODYPUMP Roz	tone Meredith	LesMills BODYATTACK Vic	BODYPUMP Emily	CXWORX* Kate
10.15am	POWER HIIT Emily		SH'BAM VIRTUAL	BODYPUMP Diane	PILATES Vic	BODYSTEP Sam	BODYCOMBAT VIRTUAL
11.20am	BODYBALANCE VIRTUAL		BODYSTEP Roz	SH'BAM VIRTUAL	tone Kellie	Lesmils BODYCOMBAT VIRTUAL	Lesmills BODYPUMP VIRTUAL
12.25pm	CXWORX VIRTUAL		BODYCOMBAT VIRTUAL	CXWORX VIRTUAL*	BODYPUMP VIRTUAL	BODYPUMP VIRTUAL	Lesmils BODYBALANCE VIRTUAL
1.30pm	SH'BAM VIRTUAL		BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	CXWORX VIRTUAL	LesMills BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL
3.00pm	BODYPUMP VIRTUAL		LesMills BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	CXWORX VIRTUAL*	Lesmills BODYPUMP VIRTUAL
4.15pm	LesMills BODYCOMBAT VIRTUAL		BODYPUMP VIRTUAL	CXWORX VIRTUAL*	BODYPUMP VIRTUAL	BODYPUMP VIRTUAL	CXWORX VIRTUAL
5.30pm	Lesmills BODYPUMP VIRTUAL		BOXING 45 Miles	tone Meredith	CXWORX VIRTUAL	BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL
6.15pm	CXWORX VIRTUAL		CXWORX VIRTUAL	BODYPUMP Louise	Lesmils BODYCOMBAT VIRTUAL		
7.15pm	Lesmils BODYCOMBAT VIRTUAL*		BODYPUMP VIRTUAL	BODYSTEP Louise	BODYPUMP VIRTUAL	CXWORX VIRTUAL*	LESMILLS SH'BAM VIRTUAL *
8.15pm				CXWORX VIRTUAL*	LesMills BODYBALANCE VIRTUAL		

AQUA AEROBICS 쑀

TIME	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
8.15am					AQUA ZUMBA Jo	AQUA Jade	
9.15am	AQUA ZUMBA Deb		AQUA Kellie	AQUA Deb	AQUA Bridget	AQUA Carol	
10.15am				AQUA Jade			
6.00pm							
7.00pm				AQUA Ilonka			



GROUP FITNESS **STUDIO 2**

TIME	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
5.45am					YOGA HATHA Angela		
8.10am						PILATES Meredith	
9.10am	PILATES Michelle		BARRE Lauren	BARRE Jade	Oeb Sold	BARRE Meredith	Lesmills BODYBALANCE Meredith
10.15am			CXWORX* Kate				
11.20am							
5.30pm	PILATES 45 Andrea						
6.15pm			PILATES Andrea	PILATES Lauren			
7.15pm				BARRE Lauren			

CYCLE STUDIO

TIME	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
5.45am	RPM VIRTUAL				LESMILLS RPM Dan		
7.00am	RPM VIRTUAL			RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL
8.10am						LESMILLS RPM Carol	
9.10am	LESMILLS RP/M Maddy		POWER CYCLE Andre	LESMILLS RPM Emily	LESMILLS RPM Maddy	POWER CYCLE Andre	LESMILLS RPM Max Carol
10.15am				RPM VIRTUAL			RPM VIRTUAL
12.30pm	RPM VIRTUAL		RPM VIRTUAL		RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL
2.00pm	RPM VIRTUAL		RPM VIRTUAL				
4.00pm	RPM VIRTUAL		RPM VIRTUAL				
5.30pm	RPM VIRTUAL		LESMILLS RPM Maddy	RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL	RPM VIRTUAL
6.30pm	RPM VIRTUAL		·	LESMILLS RPM Maddy	RPM VIRTUAL		
7.30pm				RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL

^{**} participants will not be able to enter classes after the scheduled start time

WEEK TWO • MONDAY 31 DEC - SUNDAY 6 JAN

GROUP FITNESS **STUDIO 1**

TIME	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
5.45am	LesMILLS BODYPUMP VIRTUAL		BODYPUMP VIRTUAL	POWER HIIT Diane	Lesmills BODYPUMP VIRTUAL		
7.05am	LesMils BODYCOMBAT VIRTUAL		BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL	BODYCOMBAT VIRTUAL	BODYPUMP Cat	CXWORX VIRTUAL
8.10am			Deb Sold			BOXING Teresa	BODYSTEP Meredith
9.10am	BODYPUMP Emily		BODYPUMP Liz	tone Meredith	BODYATTACK Cat	BODYATTACK Cat	CXWORX* Kate
10.15am	POWER HIIT Emily		SH'BAM VIRTUAL	BODYPUMP Diane	PILATES Andrea	BODYSTEP Sam	BODYCOMBAT Ning
11.20am	BODYBALANCE VIRTUAL		BODYSTEP Liz	SH'BAM VIRTUAL	tone Kellie	BODYCOMBAT VIRTUAL	BODYPUMP Cat
12.25pm	CXWORX VIRTUAL		BODYCOMBAT VIRTUAL	CXWORX VIRTUAL*	BODYPUMP VIRTUAL	BODYPUMP VIRTUAL	Lesmals BODYBALANCE VIRTUAL
1.30pm	SH'BAM VIRTUAL		BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	CXWORX VIRTUAL	BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL
3.00pm	BODYPUMP VIRTUAL		BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	Lesmils BODYCOMBAT VIRTUAL	CXWORX VIRTUAL*	BODYPUMP VIRTUAL
4.15pm	BODYCOMBAT VIRTUAL		BODYPUMP VIRTUAL	CXWORX VIRTUAL*	BODYPUMP VIRTUAL	BODYPUMP Emily	CXWORX VIRTUAL
5.30pm	BODYPUMP 45 Michelle	BODYSTEP45 Carole	BOXING 45 Miles	tone Meredith	CXWORX VIRTUAL	LesMills BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL
6.15pm	CXWORX VIRTUAL		BODYCOMBAT Lisa	BODYPUMP Louise	BODYCOMBAT VIRTUAL		
7.15pm			BODYPUMP Lisa	BODYSTEP Louise	BODYPUMP VIRTUAL	CXWORX VIRTUAL*	Lesmills SH'BAM VIRTUAL *
8.15pm		BODYCOMBAT VIRTUAL		CXWORX VIRTUAL*	LesMills BODYBALANCE VIRTUAL		
9.15pm		CXWORX VIRTUAL	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL			

AQUA AEROBICS 🙁

TIME	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
8.15am			AQUA Carol		AQUA ZUMBA Jo	AQUA Jade	
9.15am	AQUA Carole		AQUA Kellie	AQUA Deb	AQUA Bridget	AQUA Carol	
10.15am				AQUA Jade			
6.00pm							
7.00pm			AQUA Amanda	AQUA Ilonka			







TIME	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
5.45am					YOGA HATHA Angela		
8.10am						PILATES Meredith	
9.10am	PILATES 45 Celine		BARRE Lauren	BARRE Jade	Oeb ZVMBA	BARRE Meredith	Lesmills BODYBALANCE Meredith
10.15am			CXWORX* Kate				YOGA VINYASA Andrea
11.20am				YOGA HATHA Erin			
6.15pm	YOGA BLEND Erin		PILATES Celine				
7.15pm		YOGA HATHA Jade		BARRE Andrea			
8.15pm			YOGA NIDRA Erin	PILATES Andrea			

CYCLE **STUDIO**

0102							
TIME	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
5.45am	RPM VIRTUAL			LESMILLS RPM Emily	LESMILLS RPM Dan		
7.00am	RPM VIRTUAL		RPM VIRTUAL	Lesmills RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL
8.10am						LESMILLS RPM Carol	
9.10am	LESMILLS RPM Dan		CYCLE* Carol	Lesmills RPM VIRTUAL	LESMILLS RPM John	POWER CYCLE Andre	RPM Max Carol
10.15am				RPM VIRTUAL			RPM VIRTUAL
12.30pm	RPM VIRTUAL		RPM VIRTUAL		RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL
2.00pm	RPM VIRTUAL		RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL
4.00pm	Lesmills RPM VIRTUAL		RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL
5.30pm	RPM VIRTUAL	POWER CYCLE Andre	LESMILLS RPM Maddy	RPM VIRTUAL	RPM VIRTUAL	Lesmills RPM VIRTUAL	RPM VIRTUAL
6.30pm	RPM VIRTUAL	RPM VIRTUAL		RPM VIRTUAL	Lesmills RPM VIRTUAL		
7.30pm			LESMILLS RPM	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL	Lesmills RPM VIRTUAL

 $^{^{\}star\star}$ participants will not be able to enter classes after the scheduled start time



WEEK ONE • MONDAY 24 DEC - SUNDAY 30 DEC

TIME	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
9.15am			Pilates Andrea		Pilates Celine	Pilates Celine	pilates Celine
10.15am							
4.30pm	pilates Andrea						
5.30pm			pilotes Andrea				

WEEK TWO • MONDAY 31 DEC - SUNDAY 6 JAN

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TIME	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
8.15am	Pilates Celine						
9.15am			pilates Celine	Pilates Andrea	Pilates Andrea	Pilates Andrea	Pilates Andrea
10.15am				Pilates Andrea			
5.30pm			pilates Celine				





AQUA 🧐

Use the water resistance to challenge your entire body

ACTIVE AQUA 🛰

Slow tempo water resistance workout

AOUA ZUMBA 🦃

A fun dance water workout to challenge your entire body

LesMills



Sports-inspired cardio workout

LesMills BODYBALANCE (1)



Yoga based wellness class

LesMills BODYCOMBAT

High-energy martial arts workout

LesMills BODYPUMP (1)

Weight-based strength workout

LesMills **BODYSTEP** (





Energising step workout

CXWORX (1)



Dynamic Core Training

LesMills





Cycling workout

LesMills SH'BAM







tone 🕹 💪 📼 Cardio, core and resistance class



Low impact cardio class





High intensity boxing circuit

POWER HIIT





Conditioning, endurance, resistance with high intensity

CYCLE (a) 👽 🚥





Freestyle cycling workout

POWER CYCLE 🍎 🦞



Structured, technique focus class

KETTLEBELL 🛈 💪 🚥

Functional compound exercise class with kettlebell

HIGH SCHOOL 🔥 🖓 🦾 **CLASSES**

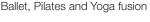


A mix of strength and wellness training for those aged 12-18

BARRE (i) 🚫 🚥













Core and conditioning class





The practice of yoga postures

YOGA IYENGAR ὑ 🖓 📼



Emphasises precision and alignment in poses

YOGA NIDRA 👅 🖓 📼





Powerful meditation technique

YOGA VINYASA 👅 🛇 📼





Smooth transition of yoga poses











Dance-fitness party



























