

Colour Guide

 Live Classes	 AquaFit Pool
 Virtual Classes	
 Outdoor Classes	

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
0605-0635	Les Mills Core	Virtual	Fitness Studio
0645-0730	Les Mills BodyPump	Virtual	Fitness Studio
0800-0830	Les Mills Barre	Virtual	Fitness Studio
0915-1000	Les Mills BodyPump	Annette	Fitness Studio
0915-0945	Synrgy 360 Power	Jo	Gym (Strength Zone)
0930-1030	AquaFit	Sara	Indoor Pool
1015-1100	Les Mills BodyBalance	Annette	Fitness Studio
1130-1215	Les Mills BodyAttack	Virtual	Fitness Studio
1300-1330	Adrenaline	Jo	Fitness Studio
1330-1425	Les Mills BodyPump	Virtual	Fitness Studio
1615-1645	Les Mills Core	Virtual	Fitness Studio
1725-1755	Les Mills GRIT Cardio	Karl	Fitness Studio
1800-1855	Les Mills BodyCombat	Serena	Studio 4
1800-1845	Les Mills BodyStep	Karl	Fitness Studio
1830-1925	Boxercise	Dionne	Studio 3
1830-1900	RAW	Alfie	Outdoor Fitness Zone
1850-1935	Les Mills BodyPump	Mike	Fitness Studio
2000-2030	Les Mills Barre	Virtual	Fitness Studio

TUESDAY			
TIME	CLASS	INSTRUCTOR	LOCATION
0630-0700	Les Mills Core	Mike	Fitness Studio
0645-0730	BootCamp	Luc	Outdoor Fitness Zone
0715-0800	Les Mills BodyPump	Virtual	Fitness Studio
0835-0905	Les Mills BodyAttack	Liz	Fitness Studio
0915-1000	Les Mills Tone	Liz	Fitness Studio
1015-1045	Stretch & Balance	Annette	Fitness Studio
1140-1210	Les Mills Core	Virtual	Fitness Studio
1230-1300	Les Mills Grit Strength	Dionne	Fitness Studio
1315-1345	Les Mills BodyPump	Virtual	Fitness Studio
1400-1430	Les Mills Barre	Virtual	Fitness Studio
1500-1555	Les Mills BodyAttack	Virtual	Fitness Studio
1615-1645	Les Mills Core	Virtual	Fitness Studio
1700-1745	Les Mills BodyPump	Mike	Fitness Studio
1755-1840	Les Mills Tone	Liz	Fitness Studio
1850-1935	Les Mills BodyAttack	Virtual	Fitness Studio
1945-2030	Les Mills BodyCombat	Virtual	Fitness Studio

TIME CLASS INSTRUCTOR LOCATION

WEDNESDAY

0630-0715	Les Mills BodyPump	Serena	Fitness Studio
0730-0800	Les Mills Core	Virtual	Fitness Studio
0815-0845	Les Mills BodyAttack	Virtual	Fitness Studio
0915-1000	Les Mills BodyPump	Annette	Fitness Studio
0930-1030	AquaFit	Sara	Pool
1015-1100	Les Mills BodyBalance	Annette	Fitness Studio
1130-1215	Les Mills BodyAttack	Virtual	Fitness Studio
1230-1300	Les Mills Core	Virtual	Fitness Studio
1300-1330	Syngy 360 Power	Jo	Gym (Strength Zone)
1330-1400	Les Mills BodyPump	Virtual	Fitness Studio
1530-1625	Les Mills BodyBalance	Virtual	Fitness Studio
1645-1715	Les Mills Core	Virtual	Fitness Studio
1715-1800	Fitness Pilates	Serena	Studio 4
1725-1755	Les Mills GRIT Athletic	Karl	Fitness Studio
1800-1845	Les Mills BodyPump	Dave	Fitness Studio
1905-2000	Boxercise	Dionne	Studio 3
1900-1955	Les Mills BodyBalance	Virtual	Fitness Studio
2005-2035	Les Mills Barre	Virtual	Fitness Studio

THURSDAY

0645-0715	Les Mills Core	Serena	Fitness Studio
0645-0730	BootCamp	Luc	Outdoor Fitness Zone
0745-0815	Les Mills Barre	Virtual	Fitness Studio
0835-0905	Les Mills BodyStep	Liz	Fitness Studio
0915-1000	Les Mills Tone	Liz	Fitness Studio
1015-1100	Les Mills BodyPump	Virtual	Fitness Studio
1145-1240	Les Mills BodyPump	Virtual	Fitness Studio
1300-1330	Syngy 360 Blast	Alfie	Gym (Strength Zone)
1345-1430	Les Mills BodyPump	Virtual	Fitness Studio
1445-1540	Les Mills BodyCombat	Virtual	Fitness Studio
1600-1630	Les Mills BodyAttack	Virtual	Fitness Studio
1700-1745	Les Mills BodyBalance	Serena	Fitness Studio
1750-1820	Les Mills BodyAttack	Liz	Fitness Studio
1830-1900	Les Mills Core	Mike	Fitness Studio
1905-1950	Les Mills BodyPump	Mike	Fitness Studio
2005-2035	Les Mills Core	Virtual	Fitness Studio

FRIDAY

0630-0715	Les Mills BodyPump	Mike	Fitness Studio
0730-0800	Les Mills Barre	Virtual	Fitness Studio
0830-0900	Les Mills Core	Virtual	Fitness Studio
0915-1010	Les Mills BodyBalance	Annette	Fitness Studio
1030-1115	Les Mills BodyPump	Virtual	Fitness Studio
1145-1215	Les Mills Core	Virtual	Fitness Studio
1230-1300	Les Mills BodyAttack	Virtual	Fitness Studio
1330-1400	Les Mills BodyPump	Virtual	Fitness Studio

TIME	CLASS	INSTRUCTOR	LOCATION
FRIDAY continued			
1415-1510	Les Mills BodyCombat	Virtual	Fitness Studio
1600-1630	Les Mills Sh'bam	Virtual	Fitness Studio
1810-1840	Les Mills BodyPump	Virtual	Fitness Studio
1850-1920	Les Mills Core	Virtual	Fitness Studio

SATURDAY			
0805-0900	Les Mills BodyAttack	Karl	Fitness Studio
0815-0900	Fitness Pilates	Serena	Studio 3
0915-1000	Les Mills Tone	Liz	Fitness Studio
1010-1040	Les Mills Core	Serena	Fitness Studio
1045-1140	Les Mills BodyBalance	Serena	Fitness Studio
1215-1310	Les Mills BodyPump	Virtual	Fitness Studio
1645-1730	Les Mills BodyCombat	Virtual	Fitness Studio

SUNDAY			
0830-0915	Les Mills BodyAttack	Karl / Zoe	Fitness Studio
0925-1020	Les Mills BodyPump	Mike	Fitness Studio
1030-1100	Les Mills Core	Mike	Fitness Studio
1105-1200	Les Mills BodyBalance	Annette	Fitness Studio
1215-1300	Les Mills BodyPump	Virtual	Fitness Studio
1315-1345	Les Mills Core	Virtual	Fitness Studio
1710-1740	Les Mills Sh'Bam	Virtual	Fitness Studio