TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	LesMills BODYPUMP				LesMills BODYPUMP	metafit HIIT TRAINING
9.00am						LesMills BODYPUMP
9.30am	LesMills BODYPUMP	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYPUMP	COMBO	
5.30pm	LesMills BODYPUMP	LesMills BODYCOMBAT	CIRCUIT	LesMills BODYPUMP	LesMills BODYBALANCE	
6.30pm		LesMills BODYBALANCE		LesMills BODYBALANCE		