















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