



CRUSH NTX CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Studio	Group Studio	Group Studio	Group Studio	Group Studio	Group Studio	Group Studio
5:00AM - 5:30AM VIRTUAL CXWORX	5:00AM - 5:30AM VIRTUAL GRIT Athletic	5:00AM - 5:30AM VIRTUAL BODYCOMBAT	5:00AM - 5:30AM VIRTUAL BODYPUMP	5:00AM - 5:30AM VIRTUAL BODYFLOW	7:00AM - 8:00AM VIRTUAL BODYFLOW	8:30AM - 9:00AM CLEANING
5:30AM - 6:30AM VIRTUAL BODYCOMBAT	5:30AM - 6:30AM CYCLE CRUSH	5:30AM - 6:30AM VIRTUAL BODYFLOW	5:30AM - 6:30AM CYCLE CRUSH	5:30AM - 6:00AM VIRTUAL GRIT Strength	8:00AM - 8:30AM VIRTUAL GRIT Cardio	9:00AM - 10:00AM VIRTUAL BODYFLOW
6:30AM - 7:30AM VIRTUAL BODYPUMP	6:30AM - 7:30AM VIRTUAL BODYCOMBAT	6:30AM - 7:30AM VIRTUAL BODYPUMP	6:30AM - 7:00AM VIRTUAL GRIT Cardio	6:00AM - 6:30AM VIRTUAL CXWORX	8:30AM - 9:00AM VIRTUAL BODYCOMBAT	10:00AM - 11:00AM VIRTUAL BODYPUMP
7:30AM - 8:00AM VIRTUAL GRIT Athletic	7:30AM - 8:30AM VIRTUAL BODYFLOW	7:30AM - 8:15AM VIRTUAL THE TRIP	7:30AM - 8:30AM VIRTUAL BODYPUMP	7:30AM - 8:00AM VIRTUAL GRIT Strength	9:00AM - 10:00AM BODYPUMP™	11:00AM - 11:30AM VIRTUAL CXWORX
8:30AM - 9:15AM THE TRIP Live	8:30AM - 9:30AM BODYPUMP™	8:30AM - 9:15AM THE TRIP Live	8:30AM - 9:30AM BODYPUMP™	8:00AM - 8:30AM VIRTUAL CXWORX	10:00AM - 11:00AM CYCLE CRUSH	12:00PM - 12:45PM VIRTUAL THE TRIP
9:30AM - 10:00AM CXWORX™	9:30AM - 10:00AM VIRTUAL GRIT Athletic	9:30AM - 10:00AM CXWORX™	9:30AM - 10:00AM VIRTUAL GRIT Cardio	8:30AM - 9:30AM BODYFLOW®	11:00AM - 11:30AM CXWORX™	1:00PM - 2:00PM On Demand
10:00AM - 10:30AM CLEANING	10:00AM - 10:30AM CLEANING	10:00AM - 10:30AM CLEANING	10:00AM - 10:30AM CLEANING	9:30AM - 10:00AM VIRTUAL BODYCOMBAT	11:30AM - 12:30PM Zumba	2:30PM - 3:00PM CLEANING
10:30AM - 11:30AM Basic Step	10:30AM - 11:30AM Silver Fit	10:30AM - 11:30AM Basic Step	10:30AM - 11:30AM Silver Fit	10:00AM - 10:30AM CLEANING	12:30PM - 1:30PM BODYFLOW®	3:00PM - 4:00PM On Demand
11:30AM - 12:00PM On Demand	10:30AM - 11:30AM Silver Fit	11:30AM - 12:00PM On Demand	10:30AM - 11:30AM Silver Fit	10:30AM - 11:30AM Silver Fit	1:30PM - 2:30PM On Demand	4:00PM - 5:00PM On Demand
12:00PM - 12:45PM VIRTUAL BODYCOMBAT	11:30AM - 12:00PM On Demand	12:00PM - 12:45PM VIRTUAL BODYCOMBAT	11:30AM - 12:00PM On Demand	10:30AM - 11:30AM Silver Fit	2:30PM - 3:00PM CLEANING	5:00PM - 6:00PM On Demand
1:00PM - 2:00PM On Demand	12:00PM - 12:30PM CXWORX™	1:00PM - 2:00PM On Demand	12:00PM - 12:30PM CXWORX™	11:30AM - 12:00PM On Demand	3:00PM - 3:30PM On Demand	
2:00PM - 3:00PM On Demand	1:00PM - 2:00PM On Demand	2:00PM - 3:00PM On Demand	1:00PM - 2:00PM On Demand	12:00PM - 12:45PM THE TRIP Live	3:30PM - 4:30PM On Demand	
3:00PM - 3:30PM CLEANING	2:00PM - 3:00PM On Demand	3:00PM - 3:30PM CLEANING	2:00PM - 3:00PM On Demand	1:00PM - 2:00PM On Demand	4:30PM - 5:30PM On Demand	
3:30PM - 4:00PM On Demand	3:00PM - 3:30PM CLEANING	3:00PM - 3:30PM CLEANING	3:00PM - 3:30PM CLEANING	2:00PM - 3:00PM On Demand	5:30PM - 6:30PM On Demand	
4:00PM - 5:00PM On Demand	3:30PM - 4:00PM On Demand	3:30PM - 4:00PM On Demand	3:30PM - 4:00PM On Demand	3:00PM - 3:30PM CLEANING		
5:00PM - 5:30PM VIRTUAL GRIT Strength	4:00PM - 5:00PM On Demand	4:00PM - 5:00PM On Demand	4:00PM - 5:00PM On Demand	3:30PM - 4:00PM On Demand	The Gym Floor	
5:30PM - 6:15PM THE TRIP Live	5:00PM - 5:30PM VIRTUAL BODYCOMBAT	5:00PM - 5:30PM VIRTUAL GRIT Athletic	5:00PM - 5:30PM VIRTUAL BODYCOMBAT	4:00PM - 5:00PM On Demand	10:00AM - 11:00AM CF1	
6:30PM - 7:30PM Zumba	5:30PM - 6:30PM BODYPUMP™	5:30PM - 6:15PM THE TRIP Live	5:30PM - 6:30PM BODYPUMP™	5:00PM - 5:30PM VIRTUAL GRIT Cardio	11:00AM - 12:00PM HIIT SQUAD	
	6:30PM - 7:30PM Step & Strength	6:30PM - 7:30PM Zumba	6:30PM - 7:30PM Step & Strength	5:30PM - 6:30PM Zumba		
	7:30PM - 8:00PM CXWORX™		7:30PM - 8:00PM CXWORX™	6:30PM - 7:00PM CXWORX™		
The Gym Floor	The Gym Floor	The Gym Floor	The Gym Floor	The Gym Floor		
5:30AM - 6:30AM CF1	5:30AM - 6:30AM CF1	5:30AM - 6:30AM CF1	5:30AM - 6:30AM CF1	5:30AM - 6:30AM CF1		
12:00PM - 12:30PM HIIT SQUAD	9:30AM - 10:30AM CF1	12:00PM - 12:30PM HIIT SQUAD	9:30AM - 10:30AM CF1	5:30PM - 6:30PM CF1		
5:30PM - 6:30PM CF1	6:30PM - 7:30PM HIIT SQUAD	5:30PM - 6:30PM HIIT SQUAD	5:30PM - 6:30PM CF1			
			6:30PM - 7:30PM HIIT SQUAD			



CRUSH NTX CLASS SCHEDULE

Group Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CXWORX 5:00AM - 5:30AM</p> <p>LES MILLS BODYCOMBAT 5:30AM - 6:30AM</p> <p>LES MILLS BODYPUMP 6:30AM - 7:30AM</p> <p>LES MILLS GRIT ATHLETIC 7:30AM - 8:00AM</p> <p>LES MILLS THE TRIP 8:30AM - 9:15AM</p> <p>LES MILLS CXWORX 9:30AM - 10:00AM</p> <p>CLEANING 10:00AM - 10:30AM</p> <p><i>Basic Step</i> 10:30AM - 11:30AM</p> <p>ONDEMAND 11:30AM - 12:00PM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>LES MILLS GRIT STRENGTH 5:00PM - 5:30PM</p> <p>LES MILLS THE TRIP</p>	<p>LES MILLS GRIT ATHLETIC 5:00AM - 5:30AM</p> <p>CYCLE CRUSH 5:30AM - 6:30AM</p> <p>LES MILLS BODYCOMBAT 6:30AM - 7:30AM</p> <p>LES MILLS BODYFLOW 7:30AM - 8:30AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>LES MILLS GRIT ATHLETIC 9:30AM - 10:00AM</p> <p>CLEANING 10:00AM - 10:30AM</p> <p><i>Silver Fit</i> 10:30AM - 11:30AM</p> <p>ONDEMAND 11:30AM - 12:00PM</p> <p>LES MILLS CXWORX 12:00PM - 12:30PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>LES MILLS BODYCOMBAT 5:00PM - 5:30PM</p> <p>LES MILLS BODYPUMP</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS BODYFLOW 5:30AM - 6:30AM</p> <p>LES MILLS BODYPUMP 6:30AM - 7:30AM</p> <p>LES MILLS THE TRIP 7:30AM - 8:15AM</p> <p>LES MILLS THE TRIP 8:30AM - 9:15AM</p> <p>LES MILLS CXWORX 9:30AM - 10:00AM</p> <p>CLEANING 10:00AM - 10:30AM</p> <p><i>Basic Step</i> 10:30AM - 11:30AM</p> <p>ONDEMAND 11:30AM - 12:00PM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>LES MILLS GRIT ATHLETIC 5:00PM - 5:30PM</p> <p>LES MILLS THE TRIP</p>	<p>LES MILLS BODYPUMP 5:00AM - 5:30AM</p> <p>CYCLE CRUSH 5:30AM - 6:30AM</p> <p>LES MILLS GRIT CARDIO 6:30AM - 7:00AM</p> <p>LES MILLS BODYPUMP 7:30AM - 8:30AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>LES MILLS GRIT CARDIO 9:30AM - 10:00AM</p> <p>CLEANING 10:00AM - 10:30AM</p> <p><i>Silver Fit</i> 10:30AM - 11:30AM</p> <p>ONDEMAND 11:30AM - 12:00PM</p> <p>LES MILLS CXWORX 12:00PM - 12:30PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>LES MILLS BODYCOMBAT 5:00PM - 5:30PM</p> <p>LES MILLS BODYPUMP</p>	<p>LES MILLS BODYFLOW 5:00AM - 5:30AM</p> <p>LES MILLS GRIT STRENGTH 5:30AM - 6:00AM</p> <p>LES MILLS CXWORX 6:00AM - 6:30AM</p> <p>LES MILLS GRIT 7:30AM - 8:00AM</p> <p>LES MILLS CXWORX 8:00AM - 8:30AM</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:00AM</p> <p>CLEANING 10:00AM - 10:30AM</p> <p><i>Silver Fit</i> 10:30AM - 11:30AM</p> <p>ONDEMAND 11:30AM - 12:00PM</p> <p>ONDEMAND 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p>ONDEMAND 3:00PM - 3:30PM</p> <p>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>ONDEMAND 5:00PM - 5:30PM</p> <p>ONDEMAND 5:30PM - 6:30PM</p>	<p>LES MILLS BODYFLOW 7:00AM - 8:00AM</p> <p>LES MILLS GRIT 8:00AM - 8:30AM</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:00AM</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM</p> <p>CYCLE CRUSH 10:00AM - 11:00AM</p> <p>LES MILLS CXWORX 11:00AM - 11:30AM</p> <p>Zumba 11:30AM - 12:30PM</p> <p>LES MILLS BODYFLOW 12:30PM - 1:30PM</p> <p>ONDEMAND 1:30PM - 2:30PM</p> <p>CLEANING 2:30PM - 3:00PM</p> <p>ONDEMAND 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:30PM</p> <p>ONDEMAND 4:30PM - 5:30PM</p> <p>ONDEMAND 5:30PM - 6:30PM</p>	<p>CLEANING 8:30AM - 9:00AM</p> <p>LES MILLS BODYFLOW 9:00AM - 10:00AM</p> <p>LES MILLS BODYPUMP 10:00AM - 11:00AM</p> <p>LES MILLS CXWORX 11:00AM - 11:30AM</p> <p>LES MILLS THE TRIP 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>CLEANING 2:30PM - 3:00PM</p> <p>ONDEMAND 3:00PM - 4:00PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p> <p>ONDEMAND 5:00PM - 6:00PM</p>

5:30PM - 6:15PM
Zumba
6:30PM - 7:30PM

5:30PM - 6:30PM
Step & Strength
6:30PM - 7:30PM
LES MILLS
CXWORX
7:30PM - 8:00PM

5:30PM - 6:15PM
Zumba
6:30PM - 7:30PM

5:30PM - 6:30PM
Step & Strength
6:30PM - 7:30PM
LES MILLS
CXWORX
7:30PM - 8:00PM

5:00PM - 5:30PM
Zumba
5:30PM - 6:30PM
LES MILLS
CXWORX
6:30PM - 7:00PM



CRUSH NTX CLASS SCHEDULE

The Gym
Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CF1 5:30AM - 6:30AM	CF1 9:30AM - 10:30AM	CF1 5:30AM - 6:30AM	CF1 9:30AM - 10:30AM	CF1 5:30AM - 6:30AM	CF1 10:00AM - 11:00AM	
HIIT SQUAD 12:00PM - 12:30PM	HIIT SQUAD 6:30PM - 7:30PM	HIIT SQUAD 12:00PM - 12:30PM	CF1 5:30PM - 6:30PM	CF1 5:30PM - 6:30PM	HIIT SQUAD 11:00AM - 12:00PM	
CF1 5:30PM - 6:30PM		HIIT SQUAD 5:30PM - 6:30PM	HIIT SQUAD 6:30PM - 7:30PM			

Basic Step

Step for beginners. Learn this iconic workout, geared for Seniors.

LES MILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

CF1

Get Stronger. Move Better. 60 min functional training that is designed to improve overall strength and balance. Every workout consists of exercises that target your entire body, building on muscles and movements that you use daily.

LES MILLS CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

CYCLE CRUSH

Interval Cycle class where your heart rate will fluctuate through speed tracks and strength tracks.

HIIT SQUAD

Bootcamp style class incorporating body weight, bands and light weights designed to get your body toned and your heart rate up!

ONDEMAND

On Demand

Silver Fit

Class designed with Seniors in mind. Low intensity with a focus on balance, mobility, and strength by training with light weights and bands.

Step & Strength

Step Aerobics with hand weights

LES MILLS

THE TRIP

Be guided through digitally-created worlds in a totally unique workout experience that combines an instructor led cycling workout with a Virtual journey proven to get you fitter faster with less discomfort.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS BODYPUMP

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS CXWORX

Learn the basic moves and format of a LES MILLS CXWORX workout in this quick introduction.

LES MILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS GRIT | CARDIO

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS GRIT | STRENGTH

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Zumba

International dance class with the best moves and instructors to guide you through!



Group Exercise Timetable