

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

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<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 5:30PM - 6:15PM</p> <p>Zumba 6:30PM - 7:30PM</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>LES MILLS BODYCOMBAT 4:45PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p><i>Step & Strength</i> 6:30PM - 7:30PM</p> <p>LES MILLS CXWORX 7:30PM - 8:00PM</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 5:30PM - 6:15PM</p> <p>Zumba 6:30PM - 7:30PM</p>	<p>CYCLE CRUSH 5:30AM - 6:30AM</p> <p>LES MILLS GRIT ATHLETIC 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>CLEANING 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p><i>Step & Strength</i> 6:30PM - 7:30PM</p> <p>LES MILLS CXWORX 7:30PM - 8:00PM</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>LES MILLS THE TRIP 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 CARDIO 5:00PM - 5:30PM</p> <p>Zumba 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 4:00PM - 5:00PM</p> <p>ONDEMAND 5:00PM - 6:00PM</p>	

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

Basic Step

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

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

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

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

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.



Group Exercise Timetable