

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	LES MILLS BODYPUMP LIVE STREAM Renee (45mins)	RIPPED 360^E CARDIO Tess (30mins)	LES MILLS BODYPUMP LIVE STREAM Tess (45mins)	LES MILLS BODYCOMBAT LIVE STREAM Bonnie (45mins)	metafit. Renee (30mins)	7:20am metafit. OR RIPPED 360^E CARDIO Team (30mins)
9:15am	LES MILLS BODYPUMP LIVE STREAM Tess (45mins)	RIPPED 360^E STRENGTH Tess (45mins)	LES MILLS BODYPUMP Renee (30mins)	LES MILLS BODYPUMP Emma (45min)	LES MILLS BODYCOMBAT LIVE STREAM Renee (45mins)	8:00am LES MILLS BODYATTACK Alysha (45mins) OR LES MILLS BODYCOMBAT Team (45mins) LIVE STREAM
9:50am			LES MILLS BODYCOMBAT Renee (30mins)			
10:05am					LES MILLS BODYBALANCE LIVE STREAM Tess (30mins)	9:00am LES MILLS BODYPUMP Renee/Tess (45mins)
4:45pm	COREFIT LIVE STREAM Ely (30mins)	LES MILLS BODYCOMBAT LIVE STREAM Renee (30mins)	LES MILLS BODYATTACK LIVE STREAM Alysha (30mins)	LES MILLS BODYPUMP LIVE STREAM Tess (30mins)		10:00am ANTIGRAVITY[®] RESTORATIVE Katie (45mins)
5:30pm	LES MILLS BODYPUMP Emma (45mins)	metafit. Renee (30mins)	RIPPED 360^E STRENGTH Team (45mins)	LES MILLS BODYBALANCE LIVE STREAM Tess (30mins)		
6:10pm		ANTIGRAVITY[®] FUNDAMENTALS Ash (45 mins)				
6:20pm	LES MILLS BODYCOMBAT LIVE STREAM Bonnie (30mins)		COREFIT LIVE STREAM Team (25mins)			
6:45pm			ANTIGRAVITY[®] AERIAL Ash (45 mins)			Effective: 23 rd May 2021