

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TIMETABLE</b>						
6:00am	<b>LES MILLS BODYPUMP</b> LIVE STREAM Renee + Tiara (45mins)	<b>LES MILLS BODYATTACK</b> LIVE STREAM Renee (30mins) <b>TRIAL</b>	<b>LES MILLS BODYPUMP</b> LIVE STREAM Tess (45mins)	<b>LES MILLS BODYCOMBAT</b> LIVE STREAM Bonnie (45mins)	<b>metafit.</b> Renee (30mins)	7:20am <b>RIPPED 360<sup>E</sup> CARDIO</b> Ely (30mins) OR <b>metafit.</b> Renee (30mins)
9:15am	<b>LES MILLS BODYPUMP</b> LIVE STREAM Tess (45mins)	<b>RIPPED 360<sup>E</sup> STRENGTH</b> Team (45mins)	<b>LES MILLS BODYPUMP</b> LIVE STREAM Renee (30mins)	<b>RIPPED 360<sup>E</sup> STRENGTH</b> Tess + Ely (45mins) <b>TRIAL</b>	<b>LES MILLS BODYCOMBAT</b> LIVE STREAM Renee (45mins)	8:00am <b>LES MILLS BODYATTACK</b> LIVE STREAM Alysha (45mins) OR <b>LES MILLS BODYCOMBAT</b> Bonnie (45mins) <b>LIVE STREAM</b>
9:50am			<b>LES MILLS BODYCOMBAT</b> LIVE STREAM Renee (30mins)			
10:05am					<b>LES MILLS BODYBALANCE</b> LIVE STREAM Tess (30mins)	9:00am <b>LES MILLS BODYPUMP</b> Tiara + Renee / Tess (45mins)
4:50pm	<b>LES MILLS BODYCOMBAT</b> LIVE STREAM Bon (30mins)	<b>metafit.</b> Renee (30mins)	<b>LES MILLS BODYATTACK</b> LIVE STREAM Alysha (30mins)	<b>LES MILLS BODYPUMP</b> LIVE STREAM Tess (30mins)		10:00am <b>ANTIGRAVITY<sup>®</sup> RESTORATIVE</b> <b>YIN YOGA</b> Katie (45mins)
5:30pm	<b>LES MILLS BODYPUMP</b> Emma (45mins)	<b>LES MILLS BODYCOMBAT</b> LIVE STREAM Renee (30mins)	<b>RIPPED 360<sup>E</sup> STRENGTH</b> Team (45mins)	<b>LES MILLS BODYBALANCE</b> LIVE STREAM Tess + Ash (30mins)	<b>*POP-UP class MASH UP</b> Team (45mins)	
6:10pm		<b>ANTIGRAVITY<sup>®</sup> FUNDAMENTALS</b> Ash (45 mins)				
6:20pm	<b>LES MILLS BODYBALANCE</b> LIVE STREAM Ash (30mins)					*pop up class – days posted in Embrace community FB group  Effective: 19 <sup>th</sup> Sept 2021