

INSTRUCTOR CLASS TIMETABLE 2019 - Commencing 11.2.2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
CYCLE	STUDIO	CYCLE	STUDIO	CYCLE	STUDIO	CYCLE	STUDIO	CYCLE	STUDIO	CYCLE	STUDIO	CYCLE	STUDIO
SPRINT Sus 07.00-07.30				CYCLING Rachel 06.45-07.15	BOOTCAMP Carla 07.00-07.30		HATHA FLOW YOGA Jennie 06.45-07.30		B. BALANCE Nicole 06.45-07.15				
									PIYO Nicole 07.30-08.00				
		AQUA: POOL Carla 08.00-08.30		AQUA: POOL Carla 08.00-08.30									
CYCLING Rachel 9.25-9.55		CYCLING Carla 9.25-9.55	CORE CLASS Gym Team 9.25-9.55	CYCLING Lyn 9.25-9.55	GRIT Rachel 9.25-9.55	CYCLING Nicole 9.25-9.55			CIRCUITS Rachel 9.20-10.20		ZUMBA Becky 9.30-10.30		HATHA FLOW YOGA Jennie 9.30-10.30
	BOXFIT BOOTCAMP Rachel 10.00-10.45		STUDIO STRENGTH Carla 10.00-10.45	RPM Rachel 10.00-10.45	CIRCUITS Lyn 10.00-10.45		LEGS, BUMS & TUMS Nicole 10.00-10.45						
	PILATES Annette 11.00-12.00	AQUA: POOL Carla 11.00-11.30	HATHA YOGA Sally 11.00-12.00		FITNESS YOGA Lyn 11.00-12.00		METAFIT Gym Team 10.50-11.20		BODYPUMP Rachel 10.25-11.25		GRIT Rachel 10.40-11.10		METAFIT Gym Team 11.00-11.30
	PILATES Annette 12.00-13.00												BOXFIT BOOTCAMP Gym Team 15.45-16.30
RPM Rachel 18.00-18.45	METAFIT Gym Team 18.00-18.30	CYCLING Nicole 18.00-18.45	GRIT Rachel 18.00-18.30	CYCLING Rachel 18.00-18.45	ZUMBA Becky 18.00-18.45		METAFIT Gym Team 18.00-18.30		CYCLING Rachel 18.00-18.30				
	CORE CLASS Gym Team 18.30-18.55						HATHA YOGA Sandra 18.30-19.30				CHI YOGA Ron 18.15-19.15		
CYCLING Nicole 19.00-19.30	BODYPUMP Rachel 19.00-20.00	RPM Rachel 19.00-19.45	BOXFIT BOOTCAMP Nicole 18.50-19.30		GRIT Rachel 18.55-19.25	CYCLING Lyn 19.00-19.45							
			B. BALANCE Nicole 19.30-20.00		BODYPUMP Rachel 19.30-20.15								
							ABS & FLEX Lyn 19.45-20.15						

KEY FOR INSTRUCTOR CLASSES:

	HOLISTIC / YOGA / PILATES
	INDOOR CYCLING
	AQUA AEROBICS (IN THE POOL)
	ZUMBA / DANCE
	CORE STRENGTH
	CIRCUITS / BOOTCAMP / BOXING
	STRENGTH / TONING / WEIGHTS
	INTERVAL TRAINING / HIIT

VIRTUAL CLASS TIMETABLE (PLEASE SEE REVERSE FOR INSTRUCTOR CLASSES)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>	<u>VIRTUAL CYCLE CLASSES</u>
-	06.45-07.30 RPM	-	06.45-07.15 RPM EXPRESS	06.45-07.30 RPM	07.00-07.30 SPRINT	07.00-07.30 RPM EXPRESS
08.00-08.45 RPM	08.00-08.30 SPRINT	08.00-08.30 RPM EXPRESS	08.00-08.45 RPM	08.00-08.30 SPRINT	08.00-08.45 RPM	08.00-08.45 RPM
-	-	-	-	08.45-09.15 RPM EXPRESS	-	09.00-09.30 SPRINT
10.30-11.15 RPM	10.30-11.15 RPM	-	10.30-11.00 SPRINT	10.30-11.00 RPM EXPRESS	11.00-11.30 RPM EXPRESS	10.30-11.15 RPM
12.00-12.30 SPRINT	12.00-12.45 RPM	12.00-12.30 RPM EXPRESS	12.00-12.45 RPM	12.00-12.45 RPM	12.00-12.45 RPM	12.00-12.45 RPM
13.30-14.00 RPM EXPRESS	13.30-14.00 SPRINT	13.30-14.15 RPM	13.30-14.15 RPM	13.30-14.15 RPM	13.00-13.30 SPRINT	13.00-13.30 RPM EXPRESS
15.00-15.45 RPM	15.00-15.45 RPM	15.00-15.30 SPRINT	15.00-15.45 RPM	15.00-15.30 RPM EXPRESS	14.00-14.45 RPM	14.00-14.45 RPM
16.30-17.15 RPM	16.30-17.15 RPM	16.30-17.00 RPM EXPRESS	16.30-17.15 RPM	16.30-17.00 SPRINT	15.00-15.30 RPM EXPRESS	15.00-15.30 SPRINT
-	-	-	17.30-18.15 RPM	-	16.00-16.45 RPM	16.00-16.45 RPM
-	-	19.15-19.45 SPRINT	-	19.15-19.45 RPM EXPRESS	17.00-17.45 RPM	17.00-17.45 RPM
20.00-20.45 RPM	20.00-20.30 RPM EXPRESS	20.00-20.45 RPM	20.00-20.30 SPRINT	20.00-20.45 RPM	18.00-18.45 RPM	18.00-18.45 RPM
					19.00-19.45 RPM	19.00-19.45 RPM
<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>	<u>VIRTUAL STUDIO CLASSES</u>
06.45-07.45 BODYPUMP	06.40-07.10 GRIT CARDIO	-	-	-	06.45-07.45 BODYPUMP	06.45-07.15 GRIT CARDIO
	07.15-07.45 CXWORX	07.45-08.30 SH'BAM	07.45-08.30 BODYPUMP	-		07.30-08.00 COMBAT
08.00-08.30 COMBAT	08.00-09.00 BALANCE	08.45-09.15 CXWORX	08.45-09.45 COMBAT	08.15-08.45 GRIT CARDIO	08.00-09.00 COMBAT	08.00-09.00 BODYPUMP
09.00-09.45 SH'BAM	-	-	-	-	-	-
-	12.30-13.00 COMBAT	12.30-13.15 SH'BAM	12.45-13.45 BODYPUMP	-	11.30-12.30 BALANCE	11.45-12.45 BODYPUMP
13.15-13.45 GRIT CARDIO	13.15-13.45 SH'BAM	13.15-14.15 BODYPUMP	13.45-14.15 CXWORX	13.00-14.00 BALANCE	12.45-13.45 COMBAT	12.45-13.45 BALANCE
14.00-15.00 COMBAT	14.00-15.00 BODYPUMP	14.30-15.00 GRIT CARDIO	14.30-15.00 BALANCE	14.00-15.00 BODYPUMP	13.45-14.45 BODYPUMP	14.00-14.45 SH'BAM
15.15-16.00 SH'BAM	15.15-16.15 BALANCE	15.15-16.15 BODYPUMP	15.15-16.15 COMBAT	15.15-16.30 SH'BAM	15.00-15.30 SH'BAM	15.00-15.30 CXWORX
16.15-17.15 BODYPUMP	16.30-17.00 CXWORX	16.30-17.30 COMBAT	16.15-17.15 BODYPUMP	16.15-17.15 COMBAT	15.45-16.15 CXWORX	-
-	17.15-17.45 SH'BAM	-	-	17.15-17.45 CXWORX	16.45-17.45 COMBAT	16.45-17.45 BODYPUMP
-	-	-	-	19.30-20.00 BODYPUMP	18.00-19.00 BODYPUMP	18.00-19.00 COMBAT
20.10-20.40 BALANCE	-	-	-	20.10-20.40 BALANCE	19.00-20.00 BALANCE	19.00-20.00 BALANCE

FOR INFORMATION AND A DESCRIPTION OF THE LES MILLS RPM, SPRINT, BODYPUMP, BODY BALANCE, BODY COMBAT, SH'BAM, CXWORX AND GRIT CARDIO VIRTUAL CLASSES, PLUS ALL THE INSTRUCTOR CLASSES ON THE MAIN CLASS TIMETABLE, PLEASE REFER TO THE CLASS NOTICEBOARD.