

# SUMMER



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

5.15 AM

HIIT

6.30 AM

LES MILLS SH'BAM

7.00 AM

POWER STEP

8.00 AM

LES MILLS BODYCOMBAT

9.00 AM

ABT

10.00 AM

LES MILLS CXWORX

On

Demand

1.30 PM

3.30 PM

4.30 PM

LES MILLS BODYCOMBAT

5.00 PM

XA

5.30 PM

AMRAP

6.30 PM

LES MILLS BODYBALANCE

7.30 PM

LES MILLS BODYPUMP

8.00 PM

6.00 AM

SMASH

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

SENIOR STYLE

SLAM

LES MILLS BODYPUMP

BRAND NEW SENIORS CLASS

LES MILLS BODYPUMP

HIIT

LES MILLS SH'BAM

LES MILLS BODYCOMBAT

BOXFIT

LES MILLS SH'BAM

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

SMASH

LES MILLS SH'BAM

POWER STEP

BOXFIT

LES MILLS BODYCOMBAT

LES MILLS SH'BAM

6.00 AM

ABT

POWER STEP

LES MILLS CXWORX

LES MILLS BODYPUMP

BOXFIT

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

XA

POWER

LES MILLS BODYBALANCE

LES MILLS BODYCOMBAT

6.00 AM

SPIN

LES MILLS BODYCOMBAT

LES MILLS BODYPUMP

POWER STEP

HIIT

LES MILLS BODYCOMBAT

PUMP Now Twice a Week

LES MILLS BODYCOMBAT

BOXFIT

LES MILLS BODYCOMBAT

LES MILLS CXWORX

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

LES MILLS BODYPUMP

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

LES MILLS SH'BAM

7PM LES MILLS BODYCOMBAT

LES MILLS BODYPUMP

5.30 AM LES MILLS BODYCOMBAT

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

LES MILLS CXWORX

LES MILLS SH'BAM

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

LES MILLS BODYCOMBAT

LES MILLS BODYBALANCE

LES MILLS BODYBALANCE