

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
07:15		LES MILLS BODYBALANCE 54'		LES MILLS BODYBALANCE 54'		LES MILLS BODYBALANCE 54'	
07:30			LES MILLS BODYPUMP 42'		LES MILLS BODYPUMP 29'		
08:01					LES MILLS CXWORX 27'		
11:00		LES MILLS BODYCOMBAT 56'	LES MILLS SH'BAM 44'	LES MILLS BODYPUMP 53'	LES MILLS BODYBALANCE 57'	LES MILLS SH'BAM 41'	
11:30							LES MILLS CXWORX 27'
12:00			LES MILLS BODYBALANCE 57'		LES MILLS BODYCOMBAT 56'		LES MILLS SH'BAM 41'
13:00							LES MILLS BODYPUMP 40'
14:00		LES MILLS SH'BAM 41'		LES MILLS SH'BAM 41'		LES MILLS SH'BAM 41'	LES MILLS CXWORX 27'
14:30							LES MILLS BODYCOMBAT 56'
15:00			LES MILLS BODYCOMBAT 29'		LES MILLS BODYCOMBAT 57'		
15:30							LES MILLS BODYBALANCE 28'
16:00		LES MILLS BODYCOMBAT 56'	LES MILLS BODYPUMP 53'	LES MILLS BODYBALANCE 57'	LES MILLS SH'BAM 41'	LES MILLS BODYPUMP 29'	LES MILLS SH'BAM 41'
16:31						LES MILLS CXWORX 27'	
17:00							LES MILLS BODYCOMBAT 56'
17:30		LES MILLS BODYPUMP 57'	LES MILLS SH'BAM 41'		LES MILLS SH'BAM 41'	LES MILLS BODYPUMP 57'	
18:00							LES MILLS BODYPUMP 40'
18:30			LES MILLS BODYCOMBAT 57'		LES MILLS BODYCOMBAT 57'		
18:45		LES MILLS SH'BAM 41'		LES MILLS BODYCOMBAT 57'		LES MILLS SH'BAM 41'	
19:45			LES MILLS BODYBALANCE 57'		LES MILLS BODYBALANCE 57'		
20:00		LES MILLS CXWORX 27'		LES MILLS SH'BAM 41'		LES MILLS CXWORX 27'	
21:00		LES MILLS BODYPUMP 40'	LES MILLS CXWORX 27'	LES MILLS BODYCOMBAT 56'	LES MILLS CXWORX 27'	LES MILLS BODYPUMP 40'	