

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
07:30		LES MILLS RPM 29'		LES MILLS RPM 29'		LES MILLS RPM 29'	
08:15		LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS sprint 29'	
08:30			LES MILLS RPM 27'		LES MILLS RPM 27'		
09:00		LES MILLS RPM 29'		LES MILLS RPM 29'		LES MILLS RPM 29'	
09:15			LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		LES MILLS RPM 45'
09:30		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'	
10:15			LES MILLS RPM 48'		LES MILLS RPM 48'		LES MILLS sprint 30'
10:30		LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS sprint 29'	
11:15		LES MILLS RPM 45'	LES MILLS THE TRIP 43'	LES MILLS RPM 45'	LES MILLS THE TRIP 43'	LES MILLS RPM 45'	
11:45							LES MILLS THE TRIP 44'
12:15		LES MILLS sprint 29'	LES MILLS RPM 48'	LES MILLS sprint 29'	LES MILLS RPM 48'	LES MILLS sprint 29'	
12:30							LES MILLS RPM 29'
13:00		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'	
13:15							LES MILLS sprint 30'
13:30			LES MILLS RPM 48'		LES MILLS RPM 48'		
14:00		LES MILLS RPM 45'		LES MILLS RPM 45'		LES MILLS RPM 45'	
14:30			LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS RPM 45'
15:00		LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS sprint 29'	
15:30			LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		LES MILLS sprint 30'
15:45		LES MILLS RPM 45'		LES MILLS RPM 45'		LES MILLS RPM 45'	
16:30			LES MILLS RPM 48'		LES MILLS RPM 48'		LES MILLS THE TRIP 41'
16:45		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'	
17:15							LES MILLS sprint 30'
17:30			LES MILLS THE TRIP 43'		LES MILLS THE TRIP 43'		
17:45		LES MILLS RPM 45'		LES MILLS RPM 45'		LES MILLS RPM 45'	
18:30			LES MILLS RPM 48'		LES MILLS RPM 48'		LES MILLS RPM 29'
18:45		LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS sprint 29'	
19:30		LES MILLS RPM 45'	LES MILLS sprint 29'	LES MILLS RPM 45'	LES MILLS sprint 29'	LES MILLS RPM 45'	
20:15			LES MILLS RPM 48'		LES MILLS RPM 48'		
20:30		LES MILLS sprint 29'		LES MILLS sprint 29'		LES MILLS sprint 29'	