

Fitness Studio

Schedule 26.01 - 1.02

MON 26.01	TUE 27.01	WED 28.01	THU 29.01	FRI 30.01	SAT 31.01	SUN 1.02
06:1030m Les Mills - GRIT Dionne Black	06:1045m Bootcamp Tyler Quintel	06:3045m Les Mills - Strength Develop Serena Moloney	06:1530m Bootcamp Dionne Black	06:1045m Bootcamp Tyler Quintel	08:0555m Les Mills - Body Attack Karl Moherndl	08:3045m Les Mills - Body Attack Karl Moherndl
06:3045m Les Mills - Shapes Serena Moloney	06:3030m Les Mills - Core Mike Froome	07:2045m Virtual Les Mills Core Virtual Instructor	06:3045m Les Mills - Shapes Serena Moloney	06:3045m Les Mills - BodyPump Mike Froome	08:1545m Fitness Pilates Serena Moloney	09:2555m Les Mills BodyPump Mike Froome
09:1545m Les Mills BodyPump Dave Richardson	07:1545m Virtual Les Mills BodyPump Virtual Instructor	08:1530m Virtual Les Mills BodyAttack Virtual Instructor	07:4530m Virtual Les Mills Core Virtual Instructor	08:1545m Virtual Les Mills Core Virtual Instructor	09:1545m Les Mills Functional Streng Liz Dale	10:3030m Les Mills Core Mike Froome
10:1545m Les Mills Shapes Annette Harding	08:3530m Les Mills BodyStep Liz Dale	09:1545m Les Mills BodyPump Annette Harding	08:3530m Les Mills BodyStep Liz Dale	09:1555m Les Mills Shapes Serena Moloney	10:1555m Les Mills BodyBalance Serena Moloney	11:0555m Les Mills BodyBalance Serena Moloney
11:3045m Virtual Les Mills BodyAttack Virtual Instructor	09:1545m Les Mills Tone Liz Dale	10:1545m Les Mills Yoga Serena Moloney	09:1545m Les Mills Tone Liz Dale	10:1555m Les Mills BodyBalance Serena Moloney	11:2030m Les Mills Yoga Serena Moloney	12:1545m Virtual Les Mills BodyPu Virtual Instructor
13:3055m Virtual Les Mills BodyPump Virtual Instructor	10:1555m Les Mills BodyBalance Annette Harding	12:2530m Virtual Les Mills Core Virtual Instructor	10:1545m Les Mills Thrive Annette Harding	11:4530m Virtual Les Mills Core Virtual Instructor	12:1555m Virtual Les Mills BodyPump Virtual Instructor	13:1530m Virtual Les Mills Core Virtual Instructor
16:4530m Virtual Les Mills GRIT Virtual Instructor	11:4030m Virtual Les Mills Core Virtual Instructor	13:4060m Virtual Les Mills BodyPump Virtual Instructor	11:4545m Virtual Les Mills BodyAttack Virtual Instructor	12:3030m Virtual Les Mills GRIT Virtual Instructor	16:4545m Virtual Les Mills BodyCombat Virtual Instructor	
17:2545m Les Mills Strength Develop Karl Moherndl	13:1530m Virtual Les Mills BodyPump Virtual Instructor	15:3055m Virtual Les Mills BodyBalar Virtual Instructor	13:4555m Virtual Les Mills BodyPump Virtual Instructor	13:1545m Virtual Les Mills BodyPump Virtual Instructor		
17:4545m Les Mills Shapes Zoe Blake	14:0030m Virtual Les Mills Barre Virtual Instructor	17:0030m Les Mills - Core Mike Froome	14:4545m Virtual Les Mills BodyComb Virtual Instructor	16:4555m Virtual Les Mills BodyCombat Virtual Instructor		

18:15

45m

Les Mills BodyStep

Karl Moherndl

16:15

30m

Virtual Les Mills Core

Virtual Instructor

17:15

45m

Les Mills Shapes

Annette Harding

17:00

45m

Les Mills BodyBalance

Annette Harding

18:10

30m

Les Mills BodyPump

Dave Richardson

18:40

55m

Boxercise

Dionne Black

17:00

45m

Les Mills BodyPump

Mike Froome

17:45

45m

Les Mills Strength Development

Karl Moherndl

17:25

45m

Les Mills Functional Strength

Liz Dale

18:50

30m

Virtual Les Mills Core

Virtual Instructor

19:10

55m

Virtual Les Mills BodyPump

Virtual Instructor

18:00

45m

Les Mills Tone

Liz Dale

18:45

45m

Les Mills Yoga

Serena Moloney

18:15

30m

Les Mills BodyAttack

Liz Dale

18:55

45m

Virtual Les Mills BodyAttack

Virtual Instructor

19:05

55m

Boxercise

Dionne Black

18:55

45m

Les Mills BodyPump

Mike Froome

19:45

45m

Virtual Les Mills BodyCombat

Virtual Instructor

20:05

30m

Virtual Les Mills Core

Virtual Instructor