
























































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 8:15AM - 9:00AM</p> <p> sprint 9:00AM - 9:30AM</p> <p> LES MILLS BODYBALANCE 9:30AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:20AM</p> <p> LES MILLS GRIT CARDIO 11:45AM - 12:15PM</p> <p> LES MILLS BODYPUMP 12:30PM - 1:00PM</p> <p> LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:10PM</p> <p> sprint 5:15PM - 5:45PM</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM</p> <p> LES MILLS RPM 7:15PM - 7:45PM</p>	<p> sprint 8:15AM - 8:45AM</p> <p> LES MILLS CORE 9:00AM - 9:30AM</p> <p>ONDEMAND 9:30AM - 10:30AM</p> <p> LES MILLS THE TRIP 10:30AM - 11:15AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS CORE 12:30PM - 1:00PM</p> <p> sprint 1:30PM - 2:00PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p> LES MILLS CORE 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:15PM</p> <p> sprint 5:30PM - 6:00PM</p> <p>ONDEMAND 6:15PM - 6:50PM</p> <p> LES MILLS BODYBALANCE 7:00PM - 7:45PM</p>	<p> LES MILLS BODYPUMP 8:15AM - 9:00AM</p> <p> LES MILLS GRIT ATHLETIC 9:00AM - 9:30AM</p> <p> sprint 9:30AM - 10:00AM</p> <p> LES MILLS RPM 10:30AM - 11:20AM</p> <p> LES MILLS CORE 11:45AM - 12:15PM</p> <p> LES MILLS BODYPUMP 12:30PM - 1:00PM</p> <p> LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:15PM</p> <p> sprint 5:15PM - 5:45PM</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM</p> <p> LES MILLS RPM 7:15PM - 7:45PM</p>	<p> sprint 8:15AM - 8:45AM</p> <p> LES MILLS RPM 9:00AM - 9:30AM</p> <p>ONDEMAND 9:30AM - 10:30AM</p> <p> LES MILLS THE TRIP 10:30AM - 11:15AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS CORE 12:30PM - 1:00PM</p> <p> sprint 1:30PM - 2:00PM</p> <p>ONDEMAND 2:00PM - 3:00PM</p> <p> LES MILLS CORE 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:15PM</p> <p> sprint 5:30PM - 6:00PM</p> <p>ONDEMAND 6:15PM - 6:50PM</p> <p> LES MILLS BODYPUMP 7:00PM - 7:45PM</p>	<p> LES MILLS BODYPUMP 8:15AM - 9:00AM</p> <p> LES MILLS CORE 9:00AM - 9:30AM</p> <p> sprint 9:30AM - 10:00AM</p> <p> LES MILLS RPM 10:30AM - 11:20AM</p> <p> sprint 11:45AM - 12:15PM</p> <p> LES MILLS BODYPUMP 12:30PM - 1:00PM</p> <p> LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:15PM</p> <p> sprint 5:15PM - 5:45PM</p>	<p> LES MILLS BODYPUMP 9:00AM - 9:45AM</p> <p> LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p> sprint 11:00AM - 11:30AM</p> <p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM</p> <p>ONDEMAND 4:15PM - 5:35PM</p>	



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Pure Power Fitness

Group Exercise Timetable