



# Group Exercise Timetable

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |
|--|---|--|---|--|--|--|
| <p><b>LES MILLS BODYPUMP</b><br/>5:45AM - 6:45AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>7:00AM - 8:00AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>8:15AM - 9:15AM<br/>Live Instructor Classes</p> <p> 8:15AM - 9:15AM<br/>Live Instructor/ Other</p> <p> 9:30AM - 10:30AM<br/>Live Instructor/ Other</p> <p><b>LES MILLS BODYFLOW</b><br/>9:30AM - 10:30AM<br/>Live Instructor Classes</p> <p> 10:35AM - 11:35AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>12:00PM - 12:45PM<br/>Virtual Classes</p> <p><b>ONDEMAND</b><br/>1:00PM - 3:00PM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>4:15PM - 5:15PM<br/>Virtual Classes</p> <p><b>LES MILLS CXWORX</b><br/>5:30PM - 6:00PM<br/>Live Instructor Classes</p> <p><b>LES MILLS RPM</b><br/>5:30PM - 6:30PM<br/>Live Instructor/ Other</p> <p><b>SURPRISE!</b><br/>6:00PM - 6:30PM<br/>Live Instructor Classes</p> | <p><b>LES MILLS RPM</b><br/>5:45AM - 6:45AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>5:45AM - 6:45AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>7:00AM - 8:00AM<br/>Virtual Classes</p> <p> 8:15AM - 9:15AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>9:30AM - 10:30AM<br/>Live Instructor Classes</p> <p><b>INTEGRATE</b><br/>10:35AM - 11:35AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>11:45AM - 12:45PM<br/>Virtual Classes</p> <p><b>ONDEMAND</b><br/>1:00PM - 3:00PM<br/>Virtual Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>3:30PM - 4:30PM<br/>Virtual Classes</p> <p> 5:30PM - 6:30PM<br/>Live Instructor/ Other</p> <p><b>LES MILLS BODYPUMP</b><br/>5:30PM - 6:30PM<br/>Live Instructor Classes</p> <p><b>ONDEMAND</b><br/>6:40PM - 8:00PM<br/>Virtual Classes</p> | <p><b>LES MILLS BODYPUMP</b><br/>5:45AM - 6:45AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>7:00AM - 8:00AM<br/>Virtual Classes</p> <p><b>barre</b><br/>8:15AM - 8:45AM<br/>Virtual Classes</p> <p> 9:00AM - 10:00AM<br/>Live Instructor/ Other</p> <p><b>LES MILLS CXWORX</b><br/>9:00AM - 9:30AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>9:30AM - 10:30AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>12:00PM - 12:45PM<br/>Virtual Classes</p> <p>1:00PM - 3:00PM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>4:15PM - 5:15PM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>5:30PM - 6:30PM<br/>Live Instructor Classes</p> <p><b>LES MILLS RPM</b><br/>5:30PM - 6:30PM<br/>Live Instructor/ Other</p> <p><b>ONDEMAND</b><br/>6:40PM - 8:00PM<br/>Virtual Classes</p> | <p><b>LES MILLS RPM</b><br/>5:45AM - 6:45AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>5:45AM - 6:45AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>7:00AM - 8:00AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>8:00AM - 9:00AM<br/>Live Instructor/ Other</p> <p><b>INTEGRATE</b><br/>8:15AM - 9:15AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>9:15AM - 10:15AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>11:45AM - 12:45PM<br/>Virtual Classes</p> <p>1:00PM - 3:00PM<br/>Virtual Classes</p> <p><b>barre</b><br/>3:30PM - 4:00PM<br/>Virtual Classes</p> <p><b>LES MILLS GRIT   STRENGTH</b><br/>4:10PM - 4:40PM<br/>Virtual Classes</p> <p><b>LES MILLS CXWORX</b><br/>4:45PM - 5:15PM<br/>Live Instructor Classes</p> <p><b>LES MILLS RPM</b><br/>5:30PM - 6:30PM<br/>Live Instructor Classes</p> <p><b>SURPRISE!</b><br/>5:30PM - 6:30PM<br/>Live Instructor/ Other</p> | <p><b>LES MILLS BODYPUMP</b><br/>5:45AM - 6:45AM<br/>Virtual Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>7:00AM - 8:00AM<br/>Virtual Classes</p> <p> 8:15AM - 9:15AM<br/>Live Instructor/ Other</p> <p><b>barre</b><br/>8:15AM - 8:45AM<br/>Virtual Classes</p> <p><b>LES MILLS CXWORX</b><br/>9:00AM - 9:30AM<br/>Live Instructor Classes</p> <p> 9:30AM - 10:30AM<br/>Live Instructor/ Other</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>9:30AM - 10:30AM<br/>Live Instructor Classes</p> <p><b>INTEGRATE</b><br/>10:35AM - 11:35AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYPUMP</b><br/>12:00PM - 12:45PM<br/>Virtual Classes</p> <p><b>ONDEMAND</b><br/>1:00PM - 3:00PM<br/>Virtual Classes</p> <p><b>LES MILLS CXWORX</b><br/>5:30PM - 6:00PM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>6:00PM - 6:30PM<br/>Live Instructor Classes</p> <p><b>ONDEMAND</b><br/>6:40PM - 8:00PM<br/>Virtual Classes</p> | <p><b>LES MILLS RPM</b><br/>8:30AM - 9:30AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>8:30AM - 9:30AM<br/>Live Instructor/ Other</p> <p><b>LES MILLS BODYPUMP</b><br/>9:45AM - 10:45AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYFLOW</b><br/>9:45AM - 10:45AM<br/>Live Instructor/ Other</p> <p><b>ONDEMAND</b><br/>11:15AM - 1:15PM<br/>Virtual Classes</p> | <p><b>LES MILLS BODYSTEP ATHLETIC</b><br/>8:45AM - 9:45AM<br/>Live Instructor Classes</p> <p><b>LES MILLS BODYSTEP CLASSIC</b><br/>10:00AM - 11:00AM<br/>Live Instructor Classes</p> <p><b>ONDEMAND</b><br/>11:15AM - 1:15PM<br/>Virtual Classes</p> |