



# Group Exercise Timetable

Virtual Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 5:45AM - 6:45AM</p> <p><b>LES MILLS BODYFLOW</b> 7:00AM - 8:00AM</p> <p><b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>LES MILLS BODYFLOW</b> 4:15PM - 5:15PM</p> <p><b>ONDEMAND</b> 6:40PM - 8:00PM</p>	<p><b>LES MILLS BODYFLOW</b> 5:45AM - 6:45AM</p> <p><b>LES MILLS BODYPUMP</b> 7:00AM - 8:00AM</p> <p><b>LES MILLS BODYFLOW</b> 11:45AM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>LES MILLS BODYPUMP</b> 3:30PM - 4:30PM</p> <p><b>ONDEMAND</b> 6:40PM - 8:00PM</p>	<p><b>LES MILLS BODYPUMP</b> 5:45AM - 6:45AM</p> <p><b>LES MILLS BODYFLOW</b> 7:00AM - 8:00AM</p> <p><b>barre</b> 8:15AM - 8:45AM</p> <p><b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>ONDEMAND</b> 6:40PM - 8:00PM</p>	<p><b>LES MILLS BODYFLOW</b> 5:45AM - 6:45AM</p> <p><b>LES MILLS BODYPUMP</b> 7:00AM - 8:00AM</p> <p><b>LES MILLS BODYFLOW</b> 11:45AM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>LES MILLS barre</b> 3:30PM - 4:00PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:10PM - 4:40PM</p> <p><b>ONDEMAND</b> 6:40PM - 8:00PM</p>	<p><b>LES MILLS BODYPUMP</b> 5:45AM - 6:45AM</p> <p><b>LES MILLS BODYFLOW</b> 7:00AM - 8:00AM</p> <p><b>barre</b> 8:15AM - 8:45AM</p> <p><b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>ONDEMAND</b> 6:40PM - 8:00PM</p>	<p><b>ONDEMAND</b> 11:15AM - 1:15PM</p>	<p><b>ONDEMAND</b> 11:15AM - 1:15PM</p>