

# AUTUMN 2022 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		<b>LES MILLS BODYPUMP</b> HAYLEY		5.30am Express Bootcamp TANISHA		<b>LES MILLS BODYPUMP</b> HAYLEY	
6.00am	Strength & Conditioning TODD	HIIT Locker JARROD		Strength & Conditioning TODD	Yoga HELEN	Bootcamp JARROD	HIIT Locker JARROD
8.00am							Bootcamp JOSH
8.30am	<b>LES MILLS BODYPUMP</b> MICHAELA		<b>LES MILLS BODYCOMBAT</b> MICHAELA	Yoga Flow HELEN	<b>LES MILLS BODYSTEP</b> MORWENNA	Yoga Flow BEC	<b>LES MILLS BODYPUMP</b> KYLIE
9.00am							
9.15am							
9.30am	<b>LES MILLS CORE</b> KYLIE	Yogalates MORWENNA	<b>LES MILLS CORE</b> KYLIE	Pilates HELEN	Box Combo KYLIE	AF Strength TAMARA	AF Core EMMA
10.00am							
10.30am		Forever Fit Cardio Sharon	Forever Fit Circuit HELEN				
11.00am							
4.30pm	<b>LES MILLS BODYPUMP</b> KYLIE	Pilates SHARON	Box Combo JOSH	Strength & Conditioning EMMA	Japanese Ki Yoga HELEN		
5.30pm		Bootcamp JARROD	<b>LES MILLS BODYPUMP</b> MICHAELA	Bootcamp HAYLEY	AF Core EMMA	Express Bootcamp JARROD	<b>LES MILLS BODYPUMP</b> AFHQ TEAM
5.45pm	AF Core TAMARA	Express Cycle KYLIE		5.30pm Yoga Flow BEC			
6.00pm							
6.15pm							
6.30pm		Yoga Flow CHARLOTTE		Yin Yoga KATHERINE			

Group Fitness  
Wellness  
Outdoors  
Cycle