#### INSTRUCTOR-LED CLASSES

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27	SUN 28
8:00AM FUNCTIONAL  10:30AM BODY BALANCE  11:30AM DANCE  6:30PM MAT PILATES	9:30AM MAT PILATES  12:30 PM YOGA  6:30PM BODY STEP	9:30AM BODY PUMP 10:30AM YOGA HATHA 11:30AM ZUMBA GOLD	CHRISMAS DAY CLOSED	PUBLIC HOLIDAY	7:30AM RPM  9:00AM FUNCTIONAL  11:30AM BODY STEP	9:30AM PUMP 10:30AM BODY BALANCE

LES MILLS VIRTUAL CLASSES ACCESS CODE - 3155

Know City Council

ACCESS CODE - 3155
EISUREWORKS



MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
<b>8:00AM</b> AQUA AEROBICS			PUBLIC HOLIDAY	PUBLIC HOLIDAY	
<b>9:00AM</b> AQUA AEROBICS		7:00AM		9:00AM	7:00AM
<b>10:00AM</b> AQUA AEROBICS	<b>8:00AM</b> GENTAL AQUA	AQUA AEROBICS	CHRISMAS DAY CLOSED	AQUA AEROBICS	AQUA AEROBICS
<b>11:15AM</b> AQUA FLOW		8:00AM AQUA AEROBICS		<b>10:00AM</b> AQUA AEROBICS	<b>8:00AM</b> AQUA AEROBICS
<b>6:30PM</b> DEEP WATER RUNNING					

#### REFORMER CLASSES

I	MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
	7:00AM			PUBLIC HOLIDAY	PUBLIC HOLIDAY	
	9:30AM	8:00AM	9:30AM	CHRISTMAS DAY		
	5:30PM	9:30AM	7.557.11.1	CLOSED		
	6:30PM					
I.						



#### INSTRUCTOR-LED CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3	SUN 4
8:00AM FUNCTIONAL  8:00AM SNR CYCLE  10:30AM BODY BALANCE  11:30AM DANCE	<b>9:30AM</b> MAT PILATES <b>12:30PM</b> YOGA HATHA	<b>9:30AM</b> BODY PUMP <b>10:30AM</b> YOGA HATHA	PUBLIC HOLIDAY	8:00AM FUNCTIONAL  9:30AM BODY PUMP  10:30AM BODY BALANCE	7:30AM RPM  9:00AM FUNCTIONAL  10:30AM BODY STEP  11:30AM BODY BALANCE	9:30AM PUMP 10:30AM BODY BALANCE
<b>6:30PM</b> MAT PILATES						

LES MIILLS VIRTUAL CLASSES
ACCESS CODE - 3155



AQUATIC CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3
8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS  10:00AM AQUA AEROBICS  11:15AM AQUA FLOW	9:00AM AQUA AEROBICS 10:00AM DEEP WATER	7:00AM AQUA AEROBICS  8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS 10:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS  10:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS 8:00AM AQUA AEROBICS

### REFORMER CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3
			PUBLIC HOLIDAY		
9:30AM					
40.0044	9:30AM	9:30AM	9:30AM	9:30AM	8:30AM
10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	9:30AM
5:30PM	10.30AM	10.30AM	10.30AM	10.30AM	7.30AM



#### INSTRUCTOR-LED CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
8:00AM FUNCTIONAL  8:00AM SNR CYCLE  10:30AM BODY BALANCE  11:30AM DANCE  6:30PM MAT PILATES	8:30AM MAT PILATES  9:30AM MAT PILATES  12:30PM YOGA HATHA	9:30AM BODY PUMP  10:30AM YOGA HATHA  6:00PM FUNCTIONAL  7:45PM PILATES	9:30AM CORE  10:30AM FEELING FIT  11:30AM MINDFUL MOVEMENT	8:00AM FUNCTIONAL  9:30AM BODY PUMP  10:30AM BODY BALANCE	7:30AM RPM  8:00AM FUNCTIONAL  10:30AM BODY STEP  11:30AM BODY BALANCE	9:30AM PUMP 10:30AM BODY BALANCE

LES MILLS VIRTUAL CLASSES ACCESS CODE - 3155



AQUATIC CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
8:00AM AQUA AEROBICS		<b>7:00AM</b> AQUA AEROBICS		7:00AM	
9:00AM		AQUA ALROBICS	8:00AM	AQUA AEROBICS	
AQUA AEROBICS	9:00AM	<b>8:00AM</b> AQUA AEROBICS	GENTLE AQUA	8:00AM	<b>7:00AM</b> AQUA AEROBICS
10:00AM	AQUA AEROBICS	AQUA ALROBICS	9:00AM	AQUA AEROBICS	AQUA ALROBICS
AQUA AEROBICS	10:00AM	9:00AM	AQUA AEROBICS	9:00AM	8:00AM
11:15AM	DEEP WATER	AQUA AEROBICS	6:30PM	AQUA AEROBICS	AQUA AEROBICS
AQUA FLOW		6:30PM	AQUA AEROBICS	10:00AM	
6:30PM		AQUA AEROBICS		AQUA AEROBICS	
DEEP WATER RUNNING					

### REFORMER CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
9:30AM	7:00AM		8:00AM	8:00AM	7.20444
10:30AM	9:30AM	7:00AM	9:30AM	9:30AM	7:30AM
5:30PM	5:30PM	9:30AM	5:30PM	6:30PM	8:30AM
6:30PM	6:30PM		3.331 14	0.001 M	9:30AM

#### INSTRUCTOR-LED CLASSES

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18
8:00AM FUNCTIONAL	8:30AM	<b>9:30AM</b> BODY PUMP	<b>9:30AM</b> CORE	8:00AM FUNCTIONAL	<b>7:30AM</b> RPM	
8:00AM SNR CYCLE	MAT PILATES  9:30AM	<b>10:30AM</b> YOGA HATHA	<b>10:30AM</b> FEELING FIT	<b>9:30AM</b> BODY PUMP	<b>9:00AM</b> FUNCTIONAL	<b>9:30AM</b> PUMP
<b>10:30AM</b> BODY BALANCE	MAT PILATES  12:30PM	6:00PM FUNCTIONAL	<b>11:30AM</b> MINDFUL MOVEMENT	<b>10:30AM</b> BODY BALANCE	<b>10:30AM</b> BODY STEP	<b>10:30AM</b> BODY BALANCE
<b>11:30AM</b> DANCE	YOGA HATHA	<b>7:45PM</b> PILATES	6:00PM BODY PUMP	<b>5:30PM</b> BOXING	<b>11:30AM</b> BODY BALANCE	
<b>6:30PM</b> MAT PILATES			202110111			

LES MILLS VIRTUAL CLASSES ACCESS CODE - 3155



AQUATIC CLASSES

MON 12	TUE 13	WED 14	THU 15	FRI 16	<b>SAT 17</b>
8:00AM AQUA AEROBICS		<b>7:00AM</b> AQUA AEROBICS		<b>7:00AM</b> AQUA AEROBICS	
9:00AM AQUA AEROBICS	<b>9:00AM</b> AQUA AEROBICS	<b>8:00AM</b> AQUA AEROBICS	<b>8:00AM</b> GENTLE AQUA	<b>8:00AM</b> AQUA AEROBICS	<b>7:00AM</b> AQUA AEROBICS
10:00AM AQUA AEROBICS	<b>10:00AM</b> AQUA AEROBICS	<b>9:00AM</b> AQUA AEROBICS	<b>9:00AM</b> AQUA AEROBICS	<b>9:00AM</b> AQUA AEROBICS	<b>8:00AM</b> AQUA AEROBICS
<b>11:15AM</b> AQUA FLOW		<b>10:00AM</b> AQUA AEROBICS	<b>6:30PM</b> AQUA AEROBICS	<b>11:15AM</b> GENTLE AQUA	
6:30PM DEEP WATER RUNNING		<b>6:30PM</b> AQUA AEROBICS		<b>10:00AM</b> AQUA AEROBICS	

#### REFORMER CLASSES

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
6:00AM	7:00AM	6:00AM	6:00AM		
7:00AM	9:30AM	7:00AM		7:00AM	7:30AM
9:30AM		9:30AM	7:00AM	9:30AM	8:30AM
	5:30PM		9:30AM	6:30PM	9:30AM
5:30PM	6:30PM	5:30PM	6:30PM		3.52.00.00
6:30PM		6:30PM			

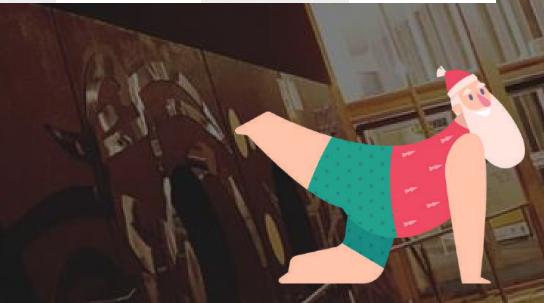


#### INSTRUCTOR-LED CLASSES

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24	SUN 25
8:00AM FUNCTIONAL		9:30AM	<b>9:30AM</b> CORE	8:00AM	<b>7:30AM</b> RPM	
8:00AM SNR CYCLE	8:30AM MAT PILTES	BODY PUMP	<b>10:30AM</b> FEELING FIT	FUNCTIONAL  9:30AM	9:00AM FUNCTIONAL	<b>9:30AM</b> PUMP
<b>10:30AM</b> BODY BALANCE	<b>9:30AM</b> MAT PILATES	YOGA HATHA	<b>11:30AM</b> MINDFUL	BODY PUMP <b>10:30AM</b>	10:30AM BODY STEP	10:30AM BODY BALANCE
<b>11:30AM</b> DANCE	<b>12:30PM</b> YOGA HATHA	FUNCTIONAL 7:45PM	MOVEMENT 6:00PM	BODY BALANCE  5:30PM	11:30AM BODY BALANCE	BODT BALANCE
<b>6:30PM</b> MAT PILATES		PILATES	BODY PUMP	BOXING	BODT BALANCE	

LES MILLS VIRTUAL CLASSES ACCESS CODE - 3155

EISUREWORKS



MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS  10:00AM AQUA AEROBICS  11:15AM AQUA FLOW  6:30PM DEEP WATER RUNNING	9:00AM AQUA AEROBICS 10:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS  8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS  10:00AM AQUA AEROBICS  6:30PM AQUA AEROBICS	8:00AM GENTLE AQUA  9:00AM AQUA AEROBICS  10:00AM AQUA AEROBICS  6:30PM AQUA AEROBICS	7:00AM AQUA AEROBICS  8:00AM AQUA AEROBICS  9:00AM AQUA AEROBICS  11:15AM GENTLE AQUA  10:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS 8:00AM AQUA AEROBICS

#### REFORMER CLASSES

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
6:00AM	7:00AM	6:00AM	6:00AM		
7:00AM		7:00AM		7:00AM	7:30AM
9:00AM	9:00AM	9:00AM	7:00AM	9:00AM	8:30AM
	5:30PM		9:00AM	6:30PM	9:30AM
5:30PM	6:30PM	5:30PM	6:30PM		9:30AM
6:30PM		6:30PM			