



April/May Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM 5:05AM - 5:50AM	LES MILLS sprint 5:05AM - 5:35AM	LES MILLS RPM 5:05AM - 5:35AM	GROUP CYCLING 5:05AM - 5:35AM	LES MILLS RPM 5:05AM - 5:35AM	LES MILLS THE TRIP 6:00AM - 6:45AM	LES MILLS sprint 7:05AM - 7:35AM
LES MILLS sprint 6:15AM - 6:45AM	GROUP CYCLING 6:00AM - 6:45AM	LES MILLS sprint 5:45AM - 6:15AM	ON DEMAND 6:00AM - 6:45AM	LES MILLS sprint 6:00AM - 6:30AM	LES MILLS RPM 7:00AM - 7:30AM	ON DEMAND 7:45AM - 8:45AM
ON DEMAND 7:00AM - 8:45AM	ON DEMAND 7:00AM - 8:15AM	ON DEMAND 6:30AM - 7:45AM	LES MILLS THE TRIP 7:00AM - 7:45AM	ON DEMAND 6:45AM - 8:45AM	LES MILLS sprint 8:00AM - 8:30AM	LES MILLS RPM 9:00AM - 9:30AM
LES MILLS RPM 9:00AM - 9:45AM	LES MILLS THE TRIP 8:30AM - 9:15AM	LES MILLS sprint 8:00AM - 8:30AM	LES MILLS sprint 8:15AM - 8:45AM	LES MILLS THE TRIP 9:00AM - 9:45AM	LES MILLS RPM 8:45AM - 9:15AM	LES MILLS THE TRIP 10:00AM - 10:45AM
LES MILLS THE TRIP 10:15AM - 11:00AM	LES MILLS RPM 9:30AM - 10:20AM	LES MILLS RPM 9:00AM - 9:45AM	LES MILLS RPM 9:15AM - 10:05AM	LES MILLS RPM 10:00AM - 10:50AM	LES MILLS sprint 9:30AM - 10:00AM	ON DEMAND 11:00AM - 3:45PM
LES MILLS sprint 12:00PM - 12:30PM	ON DEMAND 10:30AM - 11:45AM	LES MILLS THE TRIP 10:15AM - 11:00AM	ON DEMAND 10:15AM - 11:45AM	LES MILLS sprint 11:00AM - 11:30AM	LES MILLS THE TRIP 10:15AM - 11:00AM	
LES MILLS THE TRIP 1:00PM - 1:45PM	LES MILLS THE TRIP 12:00PM - 12:45PM	LES MILLS sprint 12:00PM - 12:30PM	GROUP CYCLING 12:00PM - 12:30PM	LES MILLS RPM GROUP CYCLING 12:00PM - 12:30PM	LES MILLS RPM 11:15AM - 12:05PM	
LES MILLS RPM 2:00PM - 2:50PM	LES MILLS sprint 1:00PM - 1:30PM	LES MILLS RPM 12:45PM - 1:15PM	LES MILLS RPM 1:00PM - 1:50PM	LES MILLS THE TRIP 1:00PM - 1:45PM	ON DEMAND 12:15PM - 5:45PM	
ON DEMAND 3:00PM - 5:00PM	LES MILLS THE TRIP 1:45PM - 2:30PM	LES MILLS THE TRIP 1:30PM - 2:15PM	ON DEMAND 2:00PM - 3:45PM	ON DEMAND 2:00PM - 4:15PM		
LES MILLS sprint 5:25PM - 5:55PM	ON DEMAND 2:45PM - 4:30PM	ON DEMAND 2:30PM - 4:00PM	GROUP CYCLING 4:00PM - 4:30PM	LES MILLS THE TRIP 4:30PM - 5:15PM		
ON DEMAND 6:15PM - 8:45PM	LES MILLS sprint 4:45PM - 5:15PM	LES MILLS RPM LES MILLS THE TRIP 4:30PM - 5:15PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM		
	LES MILLS RPM 5:30PM - 6:20PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS RPM 6:15PM - 6:45PM	LES MILLS RPM 6:15PM - 7:05PM		
	RESERVED for Y programming 6:30PM - 7:45PM	LES MILLS THE TRIP 6:15PM - 7:00PM	ON DEMAND 7:00PM - 8:45PM	ON DEMAND 7:15PM - 8:45PM		
	ON DEMAND 8:00PM - 8:45PM	ON DEMAND 7:15PM - 8:45PM				