September/October Land & Virtual Fitness Schedule

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LesMills BODYPUMP 5:10AM - 6:10AM	LesMills GRIT | CARDIO/ATHLETIC 5:05AM - 5:35AM	LesMills BODYPUMP 5:10AM - 6:10AM	LesMills GRIT | STRENGTH 5:05AM - 5:35AM	LesMills BODYATTACK 5:05AM - 5:35AM	barre 6:00AM - 6:30AM	LesMills BODYPUMP 9:15AM - 10:00AM
WOMEN & WEIGHTS 6:20AM - 7:05AM	LesMills CXWORX 5:40AM - 6:10AM	barre 6:20AM - 6:50AM	LesMills CXWORX 5:40AM - 6:10AM	LesMills BODYFLOW 5:45AM - 6:15AM	LesMills BODYPUMP 6:45AM - 7:45AM	LesMills BODYCOMBAT 10:10AM - 10:55AM
LesMills BODYPUMP 7:15AM - 8:00AM	barre 6:30AM - 7:00AM	LesMills BODYPUMP 7:00AM - 8:00AM	barre 6:30AM - 7:00AM	barre 6:30AM - 7:00AM	LesMills BODYATTACK 8:00AM - 9:00AM	LesMills CXWORX 11:15AM - 11:45AM
LesMills CXWORX 8:15AM - 8:45AM	LesMills BODYPUMP 7:15AM - 8:00AM	LesMills CXWORX 8:15AM - 8:45AM	LesMills BODYPUMP 7:15AM - 8:00AM	LesMills BODYPUMP 7:15AM - 8:00AM	LesMills BODYPUMP 9:10AM - 10:10AM	BORN TO MOVE 12:00PM - 12:10PM
LesMills BODYATTACK 8:50AM - 9:35AM	LesMills BODYPUMP 8:30AM - 9:30AM	LesMills BODYSTEP / LesMills BODYATTACK 8:50AM - 9:35AM	LesMills BODYPUMP 8:30AM - 9:30AM	LesMills BODYPUMP 8:30AM - 9:30AM	LesMills CXWORX 10:20AM - 10:50AM	BORN TO MOVE 12:15PM - 12:45PM
LesMills BODYPUMP 10:00AM - 10:45AM	ZUMBA toning 10:00AM - 11:00AM	ZUMBA gold • toning 10:00AM - 10:45AM	LesMills BODYFLOW 9:35AM - 10:05AM	LesMills BODYCOMBAT 9:35AM - 10:35AM	LesMills SH'BAM 11:00AM - 11:45AM	BORN TO MOVE 1:00PM - 1:10PM
LesMills SH'BAM 11:00AM - 11:45AM	LesMills CXWORX 11:15AM - 11:45AM	LesMills SH'BAM 11:00AM - 11:45AM	ZUMBA 10:15AM - 11:00AM	LesMills CXWORX 11:00AM - 11:30AM	LesMills BODYPUMP 12:00PM - 1:00PM	BORN TO MOVE 1:20PM - 1:50PM
LesMills GRIT | CARDIO 12:00PM - 12:30PM	LesMills BODYPUMP 12:00PM - 12:45PM	LesMills GRIT | STRENGTH 12:00PM - 12:30PM	barre 11:15AM - 11:45AM	LesMills BODYSTEP CLASSIC 12:00PM - 12:45PM	BORN TO MOVE 1:15PM - 1:45PM	
LesMills CXWORX 12:35PM - 1:05PM	LesMills BODYPUMP 1:30PM - 2:15PM	LesMills CXWORX 12:35PM - 1:05PM	LesMills BODYPUMP 12:00PM - 12:45PM	LesMills BODYPUMP 1:30PM - 2:15PM	BORN TO MOVE 2:00PM - 2:30PM	
LesMills BODYPUMP 1:30PM - 2:15PM	LesMills BODYCOMBAT 2:30PM - 3:00PM	LesMills BODYPUMP 1:30PM - 2:15PM	LesMills BODYFLOW 12:55PM - 1:25PM	BORN TO MOVE 2:30PM - 2:45PM	LesMills BODYPUMP 2:45PM - 3:45PM	
BORN TO MOVE 2:30PM - 2:45PM	LesMills BODYPUMP 3:15PM - 4:00PM	BORN TO MOVE 2:30PM - 2:40PM	LesMills BODYPUMP 1:45PM - 2:30PM	BORN TO MOVE 2:45PM - 3:00PM		
BORN TO MOVE 2:45PM - 3:00PM	LesMills BODYPUMP 4:30PM - 5:15PM	BORN TO MOVE 2:45PM - 3:00PM	LesMills BODYCOMBAT 2:45PM - 3:15PM	LesMills BODYPUMP 3:15PM - 4:00PM		
LesMills BODYPUMP 3:15PM - 4:00PM	LesMills CXWORX 5:20PM - 5:50PM	LesMills BODYPUMP 3:15PM - 4:00PM	LesMills BODYPUMP 3:30PM - 4:15PM	tone 4:30PM - 5:15PM		
LesMills BODYSTEP 4:30PM - 5:15PM	LesMills BODYCOMBAT 5:55PM - 6:40PM	LesMills BODYCOMBAT 4:15PM - 5:15PM	LesMills BODYPUMP 4:45PM - 5:45PM	LesMills BODYPUMP 5:30PM - 6:30PM		
LesMills BODYPUMP 5:30PM - 6:30PM	LesMills BODYPUMP 7:15PM - 8:00PM	LesMills GRIT | ATHLETIC 5:40PM - 6:10PM	LesMills BODYATTACK 6:00PM - 6:45PM	barre 6:45PM - 7:15PM		
ZUMBA 6:45PM - 7:45PM	barre 8:15PM - 8:45PM	LesMills BODYPUMP 6:20PM - 7:20PM	LesMills CXWORX 6:50PM - 7:20PM	LesMills BODYPUMP 7:30PM - 8:30PM		
LesMills BODYPUMP 8:00PM - 8:45PM		LesMills BODYFLOW 7:30PM - 8:00PM	LesMills BODYPUMP 7:45PM - 8:30PM			
		barre 8:15PM - 8:45PM				