STUDIO 2
April & May Land & Virtual Fitness Schedule

Monday
LesMills THE TRIP
5:05AM - 5:50AM
LesMills sprint
6:15AM - 6:45AM
ON DEMAND
7:00AM - 8:45AM
LesMills RPM
9:00AM - 9:45AM
LesMills THE TRIP
10:15AM - 11:00AM
LesMills sprint
12:00PM - 12:30PM
LesMills THE TRIP
1:00PM - 1:45PM
LesMills RPM
2:00PM - 2:50PM
ON DEMAND
3:00PM - 3:45PM
GROUP CYCLING
4:00PM - 4:30PM
LesMills sprint
5:10PM - 5:40PM
LesMills THE TRIP
6:00PM - 6:45PM
ON DEMAND
7:00PM - 8:45PM

Tuesday
LesMills RPM
5:05AM - 5:50AM
GROUP CYCLING
6:15AM - 7:00AM
LesMills THE TRIP
8:30AM - 9:15AM
LesMills RPM
9:30AM - 10:20AM
ON DEMAND
10:30AM - 11:45AM
LesMills THE TRIP
12:00PM - 12:45PM
LesMills sprint
1:00PM - 1:30PM
LesMills THE TRIP
1:45PM - 2:30PM
ON DEMAND
2:45PM - 4:30PM
LesMills sprint
4:45PM - 5:15PM
LesMills RPM
5:30PM - 6:15PM
LesMills THE TRIP
6:30PM - 7:15PM
ON DEMAND
7:30PM - 8:45PM

Wednesday
LesMills sprint
5:05AM - 5:35AM
LesMills THE TRIP
6:30AM - 7:15AM
LesMills sprint
8:00AM - 8:30AM
LesMills RPM
9:00AM - 9:45AM
LesMills THE TRIP
10:15AM - 11:00AM
LesMills RPM
12:00PM - 12:30PM
LesMills sprint
12:45PM - 1:15PM
LesMills THE TRIP
1:30PM - 2:15PM
ON DEMAND
2:30PM - 4:00PM
LesMills sprint
4:30PM - 5:00PM
LesMills RPM
5:15PM - 6:00PM
LesMills THE TRIP
6:15PM - 7:00PM
ON DEMAND
7:15PM - 8:45PM

Thursday
LesMills RPM
5:05AM - 5:50AM
ON DEMAND
6:15AM - 8:00AM
LesMills sprint
8:15AM - 8:45AM
LesMills RPM
9:15AM - 10:05AM
LesMills THE TRIP
10:30AM - 11:15AM
GROUP CYCLING
12:00PM - 12:30PM
LesMills RPM
1:00PM - 1:50PM
ON DEMAND
2:00PM - 4:15PM
LesMills THE TRIP
4:30PM - 5:15PM
LesMills sprint
5:30PM - 6:00PM
LesMills RPM
6:15PM - 7:05PM
ON DEMAND
7:15PM - 8:45PM

Friday
LesMills sprint
5:05AM - 5:35AM
LesMills sprint
6:00AM - 6:30AM
ON DEMAND
6:45AM - 8:45AM
LesMills THE TRIP
9:00AM - 9:45AM
LesMills RPM
10:00AM - 10:50AM
LesMills sprint
11:00AM - 11:30AM
LesMills RPM
12:00PM - 12:30PM
LesMills THE TRIP
1:00PM - 1:45PM
ON DEMAND
2:00PM - 4:15PM
LesMills THE TRIP
4:30PM - 5:15PM
LesMills sprint
5:30PM - 6:00PM
LesMills RPM
6:15PM - 7:05PM
ON DEMAND
7:15PM - 8:45PM

Saturday
ON DEMAND
6:00AM - 6:45AM
LesMills RPM
7:00AM - 7:30AM
GROUP CYCLING
8:00AM - 8:45AM
LesMills sprint
9:15AM - 9:45AM
LesMills THE TRIP
10:15AM - 11:00AM
LesMills RPM
11:15AM - 12:05PM
ON DEMAND
12:15PM - 3:45PM

Sunday
LesMills sprint
7:15AM - 7:45AM
LesMills RPM
8:00AM - 8:45AM
ON DEMAND
9:00AM - 9:45AM
LesMills THE TRIP
10:00AM - 10:45AM
ON DEMAND
11:00AM - 11:45AM