Jan/Feb Land & Virtual Fitness Schedule

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LesMills sprint 5:05AM - 5:35AM	GROUP CYCLING 5:05AM - 5:50AM	LesMills sprint 5:05AM - 5:35AM	LesMills RPM 5:05AM - 5:50AM	LesMills sprint 5:05AM - 5:35AM	ON DEMAND 6:00AM - 6:45AM	LesMills RPM 9:15AM - 9:45AM
LesMills RPM 6:00AM - 6:50AM	SPIN & SCULPT 6:00AM - 6:45AM	GROUP CYCLING 6:00AM - 6:30AM	LesMills THE TRIP 6:00AM - 6:45AM	LesMills sprint 6:00AM - 6:30AM	GROUP CYCLING 7:00AM - 7:45AM	LesMills THE TRIP 10:15AM - 10:55AM
LesMills sprint 7:00AM - 7:30AM	LesMills RPM 7:00AM - 7:50AM	LesMills sprint 6:45AM - 7:15AM	LesMills sprint 7:00AM - 7:30AM	LesMills RPM 6:45AM - 7:35AM	LesMills sprint 8:00AM - 8:30AM	LesMills THE TRIP 11:00AM - 11:45AM
ON DEMAND 7:30AM - 8:30AM	LesMills THE TRIP 8:30AM - 9:10AM	LesMills RPM 7:30AM - 8:00AM	LesMills RPM 8:30AM - 9:20AM	ON DEMAND 7:45AM - 8:45AM	LesMills THE TRIP 9:10AM - 9:50AM	LesMills RPM 12:00PM - 12:30PM
LesMills RPM 9:00AM - 9:45AM	LesMills RPM 9:45AM - 10:35AM	LesMills RPM 9:00AM - 9:45AM	LesMills THE TRIP 9:30AM - 10:15AM	LesMills THE TRIP 9:05AM - 9:45AM	LesMills sprint 10:00AM - 10:30AM	ON DEMAND 12:45PM - 3:45PM
LesMills sprint 10:00AM - 10:30AM	ON DEMAND 10:45AM - 11:45AM	LesMills RPM 10:00AM - 10:50AM	LesMills sprint 10:30AM - 11:00AM	LesMills sprint 10:00AM - 10:30AM	LesMills THE TRIP 10:45AM - 11:30AM	
LesMills RPM 10:45AM - 11:35AM	LesMills THE TRIP 12:00PM - 12:45PM	LesMills THE TRIP 11:00AM - 11:45AM	LesMills RPM 11:15AM - 11:45AM	LesMills RPM 10:45AM - 11:35AM	ON DEMAND 11:30AM - 5:30PM	
LesMills sprint 12:00PM - 12:30PM	LesMills sprint 1:00PM - 1:30PM	LesMills RPM 12:00PM - 12:30PM	GROUP CYCLING 12:00PM - 12:30PM	LesMills sprint 12:00PM - 12:30PM		
LesMills THE TRIP 1:00PM - 1:45PM	LesMills RPM 1:45PM - 2:35PM	LesMills RPM 1:00PM - 1:50PM	LesMills RPM 12:45PM - 1:35PM	LesMills THE TRIP 12:45PM - 1:30PM		
LesMills sprint 2:00PM - 2:30PM	ON DEMAND 2:45PM - 3:30PM	LesMills sprint 2:00PM - 2:30PM	ON DEMAND 1:45PM - 4:15PM	LesMills sprint 1:45PM - 2:15PM		
ON DEMAND 2:45PM - 4:45PM	LesMills sprint 3:45PM - 4:15PM	ON DEMAND 2:45PM - 4:00PM	LesMills RPM 4:30PM - 5:15PM	ON DEMAND 2:30PM - 4:30PM		
LesMills sprint 5:05PM - 5:35PM	LesMills sprint 4:45PM - 5:15PM	LesMills sprint 4:15PM - 4:45PM	LesMills sprint 5:30PM - 6:00PM	LesMills THE TRIP 4:45PM - 5:25PM		
LesMills RPM 6:00PM - 6:50PM	LesMills RPM 5:30PM - 6:15PM	LesMills RPM 5:15PM - 6:00PM	LesMills THE TRIP 6:15PM - 7:00PM	ON DEMAND 5:45PM - 9:45PM		
LesMills THE TRIP 7:00PM - 7:45PM	*RESERVED for Y programming* 6:30PM - 8:00PM	LesMills sprint 6:10PM - 6:40PM	ON DEMAND 7:15PM - 9:45PM			
ON DEMAND 8:00PM - 9:45PM	LesMills THE TRIP 8:00PM - 8:45PM	LesMills THE TRIP 7:00PM - 7:45PM				
	ON DEMAND 9:00PM - 9:45PM	ON DEMAND 8:00PM - 9:45PM				