

6 FEBRUARY - 12 FEBRUARY, 2012

RISE UP STUDIO (Level 3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:30am - 9:30am	PUBLIC HOLIDAY	yoga IRENE	Fitball KATE					
1:00pm - 2:00pm						2:00pm - 3:00pm	TRAINER AWAY (Class Will Resume Next Week)	
6:00pm - 7:00pm		PILATES KATE	yoga YIKRU	yoga <small>90 mins</small> YIKRU	BELLY DANCE AMELIA	3:15pm - 4:15pm	LESMILLS BODYBALANCE YENNI	
7:10pm - 8:10pm		Fitball KATE	BODYJAM EASY MING	PILATES KATE (7:30pm)	LESMILLS BODYBALANCE YENNI (New Class)			

MAIN STUDIO (Level 1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
7:15am - 8:15am				ABS XPRESS <small>45 mins</small> LEE				
8:30am - 9:30am					TRAINER AWAY (Class Will Resume Next Week)			
1:00pm - 2:00pm	LESMILLS BODYCOMBAT WILSON	LESMILLS BODYPUMP LEE				2:00pm - 3:00pm	LESMILLS BODYCOMBAT WILSON	LESMILLS BODYPUMP LEE
6:10pm - 7:10pm		LESMILLS BODYPUMP LEE	LESMILLS BODYATTACK JUSTINA & SHARON	LESMILLS BODYPUMP YENNI & STEVE	LESMILLS BODYCOMBAT JOHNSTON	3:15pm - 4:15pm		LESMILLS BODYJAM CHRISTY
7:20pm - 8:20pm		LESMILLS BODYJAM FOH EN	LESMILLS BODYCOMBAT JOHNSTON	LESMILLS BODYCOMBAT JUSTINA	LESMILLS BODYJAM CHRISTY	4:30pm - 5:30pm		ABS XPRESS <small>45 mins</small> LEE
8:30pm - 9:30pm		LESMILLS BODYCOMBAT JUSTINA	LESMILLS BODYPUMP STEVE	TRAINER AWAY (Class Will Resume Next Week)				

SPIN UP STUDIO (Level 1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:30am - 9:20am	PUBLIC HOLIDAY			LESMILLS RPM LEE				
1:00pm - 1:50pm			LESMILLS RPM LEE			3:15pm - 4:15pm	LESMILLS RPM LEE & JACK	
6:15pm - 7:05pm		LESMILLS RPM CORINA & RYAN	LESMILLS RPM KENNY	RPM EASY <small>35 mins</small> CORINA	LESMILLS RPM MARY			