

**30 JANUARY - 5 FEBRUARY, 2012**

**RISE UP STUDIO (Level 3)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:30am - 9:30am	<b>BODY SCULPT</b> IRENE	<b>yoga</b> IRENE	<b>Fitball</b> KATE					
1:00pm - 2:00pm	<b>yoga</b> YIKRU					2:00pm - 3:00pm	<b>STEPS INTERVAL</b> IRENE	
5:45pm - 6:45pm	<b>Fitball</b> LEE	<b>PILATES</b> KATE	<b>yoga</b> YIKRU	<b>yoga 90 mins</b> YIKRU	<b>BELLY DANCE</b> AMELIA	3:15pm - 4:45pm	<b>yoga 90 mins</b> YIKRU	
7:00pm - 8:00pm	<b>LES MILLS BODY JAM</b> MING	<b>Fitball</b> KATE	<b>BODY JAM EASY</b> MING	<b>PILATES</b> KATE (7:30pm)				

**MAIN STUDIO (Level 1)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
7:15am - 8:15am				<b>ABS XPRESS 45 mins</b> LEE			<b>EXPERIENCE THE NEW LES MILLS RELEASES!</b>	
8:30am - 9:30am					<b>LES MILLS BODY PUMP</b> LEE			
1:00pm - 2:00pm		<b>LES MILLS BODY PUMP</b> LEE				1:00pm - 2:00pm	<b>LES MILLS BODY COMBAT</b>	<b>LES MILLS BODY ATTACK</b>
6:10pm - 7:10pm	<b>LES MILLS BODY COMBAT</b> WILSON	<b>LES MILLS BODY PUMP</b> LEE	<b>LES MILLS BODY ATTACK EASY</b> SHARON	<b>LES MILLS BODY PUMP</b> LEE	<b>LES MILLS BODY COMBAT</b> JOHNSTON	2:30pm - 3:30pm	<b>LES MILLS RPM</b>	<b>LES MILLS BODY BALANCE</b>
7:20pm - 8:20pm	<b>LES MILLS BODY PUMP</b> YENNI	<b>LES MILLS BODY JAM</b> FOH EN	<b>LES MILLS BODY COMBAT</b> JOHNSTON	<b>LES MILLS BODY COMBAT</b> WILSON	<b>LES MILLS BODY JAM</b> CHRISTY	4:30pm - 5:30pm	<b>LES MILLS BODY BALANCE</b>	<b>LES MILLS BODY PUMP</b>
8:30pm - 9:30pm	<b>LES MILLS BODY ATTACK</b> SHARON & FOH EN	<b>LES MILLS BODY COMBAT</b> JOHNSTON	<b>LES MILLS BODY PUMP</b> LEE	<b>ABS XPRESS 45 mins</b> LEE (45 mins)		6:00pm - 7:00pm	<b>LES MILLS BODY JAM</b>	<b>LES MILLS BODY COMBAT</b>

**SPIN UP STUDIO (Level 1)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:30am - 9:20am				<b>LES MILLS RPM</b> LEE			<b>INTRODUCING, OUR NEWEST PROGRAM.</b> <b>LES MILLS BODY BALANCE</b> All classes will be conducted at <b>THE SPRING North Court.</b>	
1:00pm - 1:50pm			<b>LES MILLS RPM</b> LEE					
6:15pm - 7:05pm	<b>LES MILLS RPM</b> MARY & JACK	<b>LES MILLS RPM CHALLENGE 60 mins</b> CORINA & RYAN	<b>LES MILLS RPM</b> KENNY	<b>RPM EASY 35 mins</b> CORINA	<b>LES MILLS RPM</b> MARY			