

MAIN ROOM

STUDIO 1

CYCLE STUDIO

BODYPUMP
09:00-10:00

Claire Place, Ricky Long, Aaron Davison & Shaun McKenna

BODYPUMP
10:10-11:10

Claire Place, Aaron Davison, Shaun McKenna & Hazel Anderson

BODYSTEP
11:20-12:20

Ben Grant, Katie Galbraith & Paulina Skladanowska

**LOOK AFTER YOU:
INJURY PREVENTION**

12:35-13:20

LES MILLS GRIT ATHLETIC
13:30-14:00

Anthony Oxford, Claire Place & Aaron Davison

BODYCOMBAT
14:15-15:15

Lee Smith, Natalie Blair & Daniel Choucri

BODYATTACK
15:25-16:25

Claire Place, Ben Grant, Mike Trott & Paulina Skladanowska

BODYBALANCE
16:35-17:35

Daniel Choucri, Rhian Toates & Emilee Wilson

LES MILLS BARRE
10:15-10:45

Tori Gatherum & Lauren McCarron

BODYJAM
11:15-12:15

Katrina Jamieson

SH'BAM
13:30-14:15

Karina Jamieson, Lauren McCarron & Emilee Wilson

LES MILLS TONE
14:25-15:10

Tori Gatherum & Rhian Toates

CXWORX
15:45-16:15

Tori Gatherum & Ricky Long

RPM
09:00-09:45

Lee Smith & Jess McDonald

LES MILLS SPRINT
10:00-10:30

Anthony Oxford, Natalie Mohan & Mike Trott

RPM
11:15-12:00

Lee Smith & Jess McDonald

RPM
13:30-14:15

Natalie Mohan

LES MILLS SPRINT
14:25-14:55

Anthony Oxford, Natalie Mohan & Jess McDonald