

THE LIVE ROOM

BODYPUMP

09:00-10:00

Shaun McKenna, Denice Burr,
Ricky Long & Hazel Anderson

BODYPUMP

10:10-10:55

Shaun McKenna, Jess McDonald,
Jordan McCulloch & Natalie Lock

BODYPUMP

11:05-11:50

Jordan McCulloch, Denice Burr
& Hazel Anderson

BODYSTEP

12:00-13:00

Ben Grant, Lydia Johansson
& Islay Van Der Merwe

**LOOK AFTER YOU:
INJURY PREVENTION**

13:15-14:00

Mike Trott

LES MILLS GRIT ATHLETIC

14:10-14:40

Anthony Oxford, Matt Molloy
& Katie Patterson

BODYCOMBAT

14:50-15:50

Rachael Newsham, Matt Molloy
& Shey Shehovich

BODYATTACK

16:00-17:00

Ben Grant, Lydia Johansson,
Mike Trott & Natalie Lock

BODYBALANCE

17:10-18:10

Tori Green, Sam Russell
& Sarah Durnford

ROSE SUITE

BODYCOMBAT

09:00-10:00

Rachael Newsham, Matt Molloy
& Shey Shehovich

LES MILLS BARRE

10:15-10:45

Shey Shehovich

SH'BAM

11:00-11:45

Rachael Newsham &
Laura Turner

BODYJAM

12:00-13:00

Shey Shehovich &
Laura Turner

LES MILLS TONE

15:05-15:50

Laura Turner & Ben Grant

CXWORX

16:00-16:30

Ricky Long & Denice Burr

ELGAR 1

RPM

09:00-09:45

Jess McDonald &
Nathan Onyon

LES MILLS SPRINT

10:00-10:30

Mike Trott &
Anthony Oxford

RPM

11:00-11:45

Washington Chishaya &
Nasreen Merouane

RPM

14:15-15:00

Nasreen Merouane
& Nathan Onyon

LES MILLS SPRINT

15:15-15:45

Jess McDonald
& Anthony Oxford