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	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	<b>O RODYBALANCE</b>	LesMILLS DANCE	<b>D BODYCOMBAT</b>	DANCE	<b>O GRIT</b>	<b>D</b> LESMILLS RODYRALANCE	O GRIT	0:00
						0:00pm-0:30pm	i	
	0:00pm-0:30pm Studio1	0:00pm-0:30pm Studio1	0:00pm-0:30pm Studio1	0:00pm-0:30pm Studio1	0:00pm-0:30pm Studio1	Studio1	Studio1	
1:00	↑ LPSMILLS	Lesmills	▲ LesMills	LesMills		♠ LesMills	LesMills	1:00
	<b>O</b> BODYBALANCE	DANCE	<b>BODYBALANCE</b>	DANCE	<b>O GRIT</b>	<b>BODYATTACK</b>	DANCE	
	1:00am-1:30am				1:00am-1:30am	1:00am-1:30am	1:00am-1:30am	
2:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
2:00	DANCE	<b>O GRIT</b>	DANCE	<b>D</b> LESMILLS BODYCOMBAT	<b>D</b> RODYRALANCE	<b>D BODYCOMBAT</b>	<b>BODYATTACK</b>	2:00
	2:00am-2:30am				2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
3:00	<b>OGRIT</b>	LesMills	▲ LesMills	LesMills	LESMILLS	LesMills	LesMills	3:00
	<b>OGRII</b>	<b>BODYBALANCE</b>	<b>BODYATTACK</b>	<b>OGRIT</b>		DANCE	<b>O</b> BODYCOMBAT	
	3:00am-3:30am					3:00am-3:30am		
4:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	4:00
4.00	<b>D</b> BODYCOMBAT	<b>D</b> BODYATTACK	<b>O</b> BODYCOMBAT	<b>O</b> BODYBALANCE	DANCE	<b>O GRIT</b>	<b>O GRIT</b>	4.00
	4:00am-4:30am		4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
5:00	<b>BODYATTACK</b>	LESMILLS PORVEOMBAT	<b>O GRIT</b>	<b>BODYATTACK</b>	LESMILLS PORVCOMPAT	<b>D</b> LESMILLS BODYBALANCE	LESMILLS DANCE	5:00
		<b>BODYCOMBAT</b>			<b>O</b> BODYCOMBAT			
	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	
6:00	A LEEMILLE	LesMills	▲ LesMills	LesMills		LESMILLS	LESMILLS	6:00
	<b>O</b> BODYBALANCE	DANCE	<b>O BODYBALANCE</b>	DANCE	<b>O GRIT</b>	<b>D</b> BODYATTACK	<b>O BODYCOMBAT</b>	
	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
7:00	PANCE	<b>O GRIT</b>	DANCE	<b>O</b> BODYCOMBAT	<b>D</b> BODYATTACK	<b>D</b> BODYCOMBAT	<b>D</b> LESMILLS BODYBALANCE	7:00
	7:00am-7:30am					7:00am-7:30am	7:00am-7:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
8:00	♠ LesMills	LesMills	← LPSMILLS	- LesMills	● LeeMule	LesMills	LPSMILLS	8:00
	<b>BODYCOMBAT</b>	<b>BODYBALANCE</b>	<b>BODYATTACK</b>	<b>BODYATTACK</b>	<b>O</b> BODYBALANCE	DANCE	<b>BODYATTACK</b>	
	8:00am-8:30am					8:00am-8:30am		
9:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	9:00
9:00	<b>O GRIT</b>	<b>BODYATTACK</b>	<b>D</b> BODYCOMBAT	<b>D BODYBALANCE</b>	DANCE	<b>O GRIT</b>	<b>D ESMILLS BODYCOMBAT</b>	9:00
	9:00am-9:30am	9:00am-9:30am			9:00am-9:30am	9:00am-9:30am		
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
10:00	<b>BODYATTACK</b>	<b>O GRIT</b>	<b>O GRIT</b>	LesMills	LesMills	BODYBALANCE	LesMills	10:00
				DANCE	<b>BODYCOMBAT</b>		<b>O GRIT</b>	
	10:00am-10:30a					10:00am-10:30a		
11:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	11:00
11.00	<b>O</b> BODYCOMBAT	DANCE	<b>BODYCOMBAT</b>	<b>BODYBALANCE</b>	<b>O GRIT</b>	<b>D</b> BODYATTACK	<b>D</b> BODYCOMBAT	11.00
	11:00am-11:30a	11:00am-11:30a	11:00am-11:30a	11:00am-11:30a	11:00am-11:30a	11:00am-11:30a	11:00am-11:30a	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
12:00	DANCE	<b>D ESMILLS BODYCOMBAT</b>	<b>D BODYBALANCE</b>	<b>O GRIT</b>	<b>BODYATTACK</b>	<b>O</b> RODYBALANCE	DANCE	12:00
	12:00pm-12:30p				_	12:00pm-12:30µ		
	Studio1	Studio1	12.00pm-12.50p Studio1	Studio1	12.00pm-12.50μ Studio1	12.00pm-12.50p Studio1	12.00pm-12.30p Studio1	
13:00	← LesMills	LesMills	→ LPSMILLS	← LesMills	LesMills	LESMILLS	LESMILLS	13:00
	<b>O</b> BODYBALANCE	DANCE	<b>O</b> GRIT	<b>BODYATTACK</b>	DANCE	<b>BODYCOMBAT</b>	<b>O</b> BODYBALANCE	
	1:00pm-1:30pm					1:00pm-1:30pm	I	
14:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	14:00
14:00	<b>O</b> BODYATTACK	<b>D ESMILLS BODYBALANCE</b>	DANCE	<b>D</b> BODYCOMBAT	<b>O</b> BODYBALANCE	<b>O GRIT</b>	<b>BODYATTACK</b>	14:00
	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm		2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
15:00	♠ LesMills		LESMILLS	LesMills	♠ LesMills	LesMills	♠ LesMills	15:00
	<b>BODYCOMBAT</b>	<b>⊙</b> GRIT	<b>BODYATTACK</b>	<b>O</b> BODYBALANCE	<b>BODYCOMBAT</b>	DANCE	<b>O</b> BODYCOMBAT	
	3:00pm-3:30pm	, ,	3:00pm-3:30pm	3:00pm-3:30pm				
16.00	Studio1	Studio1			, ,	3:00pm-3:30pm	, ,	
16:00	LESMILLS		Studio1	Studio1	Studio1	Studio1	Studio1	16:00
	<b>OGRIT</b>	<b>D</b> LESMILLS  BODYATTACK	Studio1  D LESMILLS BODYBALANCE		, ,		, ,	16:00
	<b>OGRIT</b> 4:00pm-4:30pm	<b>BODYATTACK</b>	<b>D</b> LesMILLS BODYBALANCE	Studio1  D LESMILLS BODYBALANCE	Studio1  D LESMILLS BODYCOMBAT	Studio1	Studio1	16:00
		<b>BODYATTACK</b>	<b>D</b> LESMILLS BODYBALANCE	Studio1  LESMILLS BODYBALANCE	Studio1  D LESMILLS BODYCOMBAT	Studio1  LESMILLS BODYBALANCE	Studio1	16:00
17:00	4:00pm-4:30pm Studio1	4:00pm-4:30pm Studio1	D LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1 LESMILLS	Studio1  Lesmills BODYBALANCE  4:00pm-4:30pm Studio1  Lesmills	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS	Studio1  Lesmils  DANCE  4:00pm-4:30pm  Studio1	16:00 17:00
17:00	4:00pm-4:30pm Studio1  DESMILLS BODYATTACK	## BODYATTACK  4:00pm-4:30pm  Studio1    Continuous	LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT	Studio1  LesMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LesMILLS  DANCE	Studio1  LESMILLS BODYCOMBAT  4:00pm-4:30pm Studio1  LESMILLS BODYBALANCE	Studio1  LesMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LesMILLS BODYCOMBAT	Studio1  LESMILLS  4:00pm-4:30pm  Studio1  LESMILLS  BODYBALANCE	
17:00	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm	## BODYATTACK  4:00pm-4:30pm  Studio1    Comparison of the compari	LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT 5:00pm-5:30pm	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS DANCE  5:00pm-5:30pm	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm	Studio1  LESMILLS BOOYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT 5:00pm-5:30pm	Studio1  Lesmils  4:00pm-4:30pm Studio1  Lesmils BODYBALANCE 5:00pm-5:30pm	
	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm Studio1	## BODYATTACK  4:00pm-4:30pm  Studio1    Continuous Con	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1	Studio1  LesMILLS BODYBALANCE 4:00pm-4:30pm Studio1  LesMILLS DANCE 5:00pm-5:30pm Studio1	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm Studio1	Studio1  DESMILLS BODYBALANCE 4:00pm-4:30pm Studio1  DESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	Studio1  LESMILS  4:00pm-4:30pm Studio1  LESMILS BODYBALANCE  5:00pm-5:30pm Studio1	17:00
17:00	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm	## BODYATTACK  4:00pm-4:30pm  Studio1    Comparison of the compari	LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT 5:00pm-5:30pm	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS DANCE  5:00pm-5:30pm	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm	Studio1  LESMILLS BOOYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT 5:00pm-5:30pm	Studio1  Lesmils  4:00pm-4:30pm Studio1  Lesmils  BODYBALANCE  5:00pm-5:30pm Studio1	
	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm Studio1  LESMILLS	BODYATTACK  4:00pm-4:30pm Studio1  LESSMILLS BODYBALANCE  5:00pm-5:30pm Studio1	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE	Studio1  Lesmills BODYBALANCE 4:00pm-4:30pm Studio1  Lesmills DANCE 5:00pm-5:30pm Studio1  Lesmills BODYCOMBAT	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm Studio1	Studio1  Lesmills BODYBALANCE  4:00pm-4:30pm Studio1  Lesmills BODYCOMBAT  5:00pm-5:30pm Studio1  Lesmills	Studio1  LESMILLS  4:00pm-4:30pm Studio1  LESMILLS BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT	17:00
18:00	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT	BODYATTACK  4:00pm-4:30pm Studio1  LESSMILLS BODYBALANCE  5:00pm-5:30pm Studio1	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE	Studio1  Lesmills BODYBALANCE 4:00pm-4:30pm Studio1  Lesmills DANCE 5:00pm-5:30pm Studio1  Lesmills BODYCOMBAT	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm Studio1	Studio1  LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE BODYBALANCE	Studio1  LESMILLS BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	17:00
	4:00pm-4:30pm Studio1  DESMILLS BODYATTACK 5:00pm-5:30pm Studio1  DESMILLS BODYCOMBAT 6:00pm-6:30pm	BODYATTACK  4:00pm-4:30pm Studio1  LESMILLS  5:00pm-5:30pm Studio1  LESMILLS  6:00pm-6:30pm Studio1	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE  6:00pm-6:30pm Studio1  LESMILLS	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT  6:00pm-6:30pm Studio1  LESMILLS  COURTS LESMILLS  COURTS LESMILLS  COURTS LESMILLS  COURTS LESMILLS	Studio1  Lesmills BODYCOMBAT  4:00pm-4:30pm Studio1  Lesmills BODYBALANCE 5:00pm-5:30pm Studio1  Lesmills 6:00pm-6:30pm Studio1  Lesmills Lesmills Lesmills Lesmills Lesmills Lesmills	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE 6:00pm-6:30pm Studio1  LESMILLS	Studio1  LESMILLS BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	17:00
18:00	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT  6:00pm-6:30pm Studio1  LESMILLS BODYBALANCE	BODYATTACK  4:00pm-4:30pm Studio1  C BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS  6:00pm-6:30pm Studio1  C BODYCOMBAT	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE  6:00pm-6:30pm Studio1  LESMILLS CANCE	Studio1  LesMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LesMILLS 5:00pm-5:30pm Studio1  LesMILLS BODYCOMBAT 6:00pm-6:30pm Studio1  LesMILLS BODYBALANCE	Studio1  LESMILLS BODYCOMBAT  4:00pm-4:30pm Studio1  LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1  LESMILLS 6:00pm-6:30pm Studio1  LESMILLS BODYCOMBAT	Studio1  Lesmills BODYBALANCE  4:00pm-4:30pm Studio1  BODYCOMBAT  5:00pm-5:30pm Studio1  Lesmills BODYBALANCE  6:00pm-6:30pm Studio1  Lesmills Lesmills Lesmills Colored Lesmills Lesmills Lesmills Lesmills Lesmills Lesmills	Studio1  LESMILLS 4:00pm-4:30pm Studio1  LESMILLS 5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1  LESMILLS COURTS COU	17:00
18:00	4:00pm-4:30pm Studio1  LESMILLS BODYATTACK 5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1  LESMILLS BODYBALANCE 7:00pm-7:30pm	BODYATTACK  4:00pm-4:30pm Studio1  C BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS  6:00pm-6:30pm Studio1  C BODYCOMBAT  7:00pm-7:30pm	LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS BODYCOMBAT  5:00pm-5:30pm Studio1  LESMILLS BODYBALANCE 6:00pm-6:30pm Studio1  LESMILLS CANCE 7:00pm-7:30pm	Studio1  LESMILLS BODYBALANCE  4:00pm-4:30pm Studio1  LESMILLS  5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT  6:00pm-6:30pm Studio1  LESMILLS BODYBALANCE  7:00pm-7:30pm	Studio1  LESMILLS BODYCOMBAT  4:00pm-4:30pm Studio1  LESMILLS BODYBALANCE  5:00pm-5:30pm Studio1  LESMILLS 6:00pm-6:30pm Studio1  LESMILLS BODYCOMBAT 7:00pm-7:30pm	Studio1  Lesmills BODYBALANCE  4:00pm-4:30pm Studio1  BODYCOMBAT  5:00pm-5:30pm Studio1  Lesmills BODYBALANCE  6:00pm-6:30pm Studio1  Lesmills FANCE  7:00pm-7:30pm	Studio1  LESMILLS 4:00pm-4:30pm Studio1  LESMILLS 5:00pm-5:30pm Studio1  LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1  Company Studio1	17:00
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