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0:00	 LESMILLS BODYBALANCE 0:00pm-0:30pm Studio1	LESMILLS DANCE 0:00pm-0:30pm Studio1	 LESMILLS BODYCOMBAT 0:00pm-0:30pm Studio1	LESMILLS DANCE 0:00pm-0:30pm Studio1	 LESMILLS GRIT 0:00pm-0:30pm Studio1	 LESMILLS BODYBALANCE 0:00pm-0:30pm Studio1	 LESMILLS GRIT 0:00pm-0:30pm Studio1	0:00
1:00	 LESMILLS BODYBALANCE 1:00am-1:30am Studio1	LESMILLS DANCE 1:00am-1:30am Studio1	 LESMILLS BODYBALANCE 1:00am-1:30am Studio1	LESMILLS DANCE 1:00am-1:30am Studio1	 LESMILLS GRIT 1:00am-1:30am Studio1	 LESMILLS BODYATTACK 1:00am-1:30am Studio1	LESMILLS DANCE 1:00am-1:30am Studio1	1:00
2:00	LESMILLS DANCE 2:00am-2:30am Studio1	 LESMILLS GRIT 2:00am-2:30am Studio1	LESMILLS DANCE 2:00am-2:30am Studio1	 LESMILLS BODYCOMBAT 2:00am-2:30am Studio1	 LESMILLS BODYBALANCE 2:00am-2:30am Studio1	 LESMILLS BODYCOMBAT 2:00am-2:30am Studio1	 LESMILLS BODYATTACK 2:00am-2:30am Studio1	2:00
3:00	 LESMILLS GRIT 3:00am-3:30am Studio1	 LESMILLS BODYBALANCE 3:00am-3:30am Studio1	 LESMILLS BODYATTACK 3:00am-3:30am Studio1	 LESMILLS GRIT 3:00am-3:30am Studio1	 LESMILLS BODYATTACK 3:00am-3:30am Studio1	LESMILLS DANCE 3:00am-3:30am Studio1	 LESMILLS BODYCOMBAT 3:00am-3:30am Studio1	3:00
4:00	 LESMILLS BODYCOMBAT 4:00am-4:30am Studio1	 LESMILLS BODYATTACK 4:00am-4:30am Studio1	 LESMILLS BODYCOMBAT 4:00am-4:30am Studio1	 LESMILLS BODYBALANCE 4:00am-4:30am Studio1	LESMILLS DANCE 4:00am-4:30am Studio1	 LESMILLS GRIT 4:00am-4:30am Studio1	 LESMILLS GRIT 4:00am-4:30am Studio1	4:00
5:00	 LESMILLS BODYATTACK 5:00am-5:30am Studio1	 LESMILLS BODYCOMBAT 5:00am-5:30am Studio1	 LESMILLS GRIT 5:00am-5:30am Studio1	 LESMILLS BODYATTACK 5:00am-5:30am Studio1	 LESMILLS BODYCOMBAT 5:00am-5:30am Studio1	 LESMILLS BODYBALANCE 5:00am-5:30am Studio1	LESMILLS DANCE 5:00am-5:30am Studio1	5:00
6:00	 LESMILLS BODYBALANCE 6:00am-6:30am Studio1	LESMILLS DANCE 6:00am-6:30am Studio1	 LESMILLS BODYBALANCE 6:00am-6:30am Studio1	LESMILLS DANCE 6:00am-6:30am Studio1	 LESMILLS GRIT 6:00am-6:30am Studio1	 LESMILLS BODYATTACK 6:00am-6:30am Studio1	 LESMILLS BODYCOMBAT 6:00am-6:30am Studio1	6:00
7:00	LESMILLS DANCE 7:00am-7:30am Studio1	 LESMILLS GRIT 7:00am-7:30am Studio1	LESMILLS DANCE 7:00am-7:30am Studio1	 LESMILLS BODYCOMBAT 7:00am-7:30am Studio1	 LESMILLS BODYATTACK 7:00am-7:30am Studio1	 LESMILLS BODYCOMBAT 7:00am-7:30am Studio1	 LESMILLS BODYBALANCE 7:00am-7:30am Studio1	7:00
8:00	 LESMILLS BODYCOMBAT 8:00am-8:30am Studio1	 LESMILLS BODYBALANCE 8:00am-8:30am Studio1	 LESMILLS BODYATTACK 8:00am-8:30am Studio1	 LESMILLS BODYATTACK 8:00am-8:30am Studio1	 LESMILLS BODYBALANCE 8:00am-8:30am Studio1	LESMILLS DANCE 8:00am-8:30am Studio1	 LESMILLS BODYATTACK 8:00am-8:30am Studio1	8:00
9:00	 LESMILLS GRIT 9:00am-9:30am Studio1	 LESMILLS BODYATTACK 9:00am-9:30am Studio1	 LESMILLS BODYCOMBAT 9:00am-9:30am Studio1	 LESMILLS BODYBALANCE 9:00am-9:30am Studio1	LESMILLS DANCE 9:00am-9:30am Studio1	 LESMILLS GRIT 9:00am-9:30am Studio1	 LESMILLS BODYCOMBAT 9:00am-9:30am Studio1	9:00
10:00	 LESMILLS BODYATTACK 10:00am-10:30am Studio1	 LESMILLS GRIT 10:00am-10:30am Studio1	 LESMILLS GRIT 10:00am-10:30am Studio1	LESMILLS DANCE 10:00am-10:30am Studio1	 LESMILLS BODYCOMBAT 10:00am-10:30am Studio1	 LESMILLS BODYBALANCE 10:00am-10:30am Studio1	 LESMILLS GRIT 10:00am-10:30am Studio1	10:00
11:00	 LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	LESMILLS DANCE 11:00am-11:30am Studio1	 LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	 LESMILLS BODYBALANCE 11:00am-11:30am Studio1	 LESMILLS GRIT 11:00am-11:30am Studio1	 LESMILLS BODYATTACK 11:00am-11:30am Studio1	 LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	11:00
12:00	LESMILLS DANCE 12:00pm-12:30pm Studio1	 LESMILLS BODYCOMBAT 12:00pm-12:30pm Studio1	 LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	 LESMILLS GRIT 12:00pm-12:30pm Studio1	 LESMILLS BODYATTACK 12:00pm-12:30pm Studio1	 LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	LESMILLS DANCE 12:00pm-12:30pm Studio1	12:00
13:00	 LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	LESMILLS DANCE 1:00pm-1:30pm Studio1	 LESMILLS GRIT 1:00pm-1:30pm Studio1	 LESMILLS BODYATTACK 1:00pm-1:30pm Studio1	LESMILLS DANCE 1:00pm-1:30pm Studio1	 LESMILLS BODYCOMBAT 1:00pm-1:30pm Studio1	 LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	13:00
14:00	 LESMILLS BODYATTACK 2:00pm-2:30pm Studio1	 LESMILLS BODYBALANCE 2:00pm-2:30pm Studio1	LESMILLS DANCE 2:00pm-2:30pm Studio1	 LESMILLS BODYCOMBAT 2:00pm-2:30pm Studio1	 LESMILLS BODYBALANCE 2:00pm-2:30pm Studio1	 LESMILLS GRIT 2:00pm-2:30pm Studio1	 LESMILLS BODYATTACK 2:00pm-2:30pm Studio1	14:00
15:00	 LESMILLS BODYCOMBAT 3:00pm-3:30pm Studio1	 LESMILLS GRIT 3:00pm-3:30pm Studio1	 LESMILLS BODYATTACK 3:00pm-3:30pm Studio1	 LESMILLS BODYBALANCE 3:00pm-3:30pm Studio1	 LESMILLS BODYCOMBAT 3:00pm-3:30pm Studio1	LESMILLS DANCE 3:00pm-3:30pm Studio1	 LESMILLS BODYCOMBAT 3:00pm-3:30pm Studio1	15:00
16:00	 LESMILLS GRIT 4:00pm-4:30pm Studio1	 LESMILLS BODYATTACK 4:00pm-4:30pm Studio1	 LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	 LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	 LESMILLS BODYCOMBAT 4:00pm-4:30pm Studio1	 LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	LESMILLS DANCE 4:00pm-4:30pm Studio1	16:00
17:00	 LESMILLS BODYATTACK 5:00pm-5:30pm Studio1	 LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	 LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	LESMILLS DANCE 5:00pm-5:30pm Studio1	 LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	 LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	 LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	17:00
18:00	 LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	LESMILLS DANCE 6:00pm-6:30pm Studio1	 LESMILLS BODYBALANCE 6:00pm-6:30pm Studio1	 LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	LESMILLS DANCE 6:00pm-6:30pm Studio1	 LESMILLS BODYBALANCE 6:00pm-6:30pm Studio1	 LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	18:00
19:00	 LESMILLS BODYBALANCE 7:00pm-7:30pm Studio1	 LESMILLS BODYCOMBAT 7:00pm-7:30pm Studio1	LESMILLS DANCE 7:00pm-7:30pm Studio1	 LESMILLS BODYBALANCE 7:00pm-7:30pm Studio1	 LESMILLS BODYCOMBAT 7:00pm-7:30pm Studio1	LESMILLS DANCE 7:00pm-7:30pm Studio1	 LESMILLS GRIT 7:00pm-7:30pm Studio1	19:00
20:00	LESMILLS DANCE 8:00pm-8:30pm Studio1	 LESMILLS BODYBALANCE 8:00pm-8:30pm Studio1	 LESMILLS BODYCOMBAT 8:00pm-8:30pm Studio1	LESMILLS DANCE 8:00pm-8:30pm Studio1	 LESMILLS BODYBALANCE 8:00pm-8:30pm Studio1	 LESMILLS GRIT 8:00pm-8:30pm Studio1	 LESMILLS BODYATTACK 8:00pm-8:30pm Studio1	20:00
21:00	 LESMILLS BODYBALANCE 9:00pm-9:30pm Studio1	 LESMILLS GRIT 9:00pm-9:30pm Studio1	 LESMILLS BODYATTACK 9:00pm-9:30pm Studio1	 LESMILLS BODYBALANCE 9:00pm-9:30pm Studio1	 LESMILLS BODYATTACK 9:00pm-9:30pm Studio1	LESMILLS DANCE 9:00pm-9:30pm Studio1	 LESMILLS BODYBALANCE 9:00pm-9:30pm Studio1	21:00
22:00	 LESMILLS GRIT 10:00pm-10:30pm Studio1	 LESMILLS BODYATTACK 10:00pm-10:30pm Studio1	 LESMILLS GRIT 10:00pm-10:30pm Studio1	 LESMILLS BODYATTACK 10:00pm-10:30pm Studio1	 LESMILLS BODYCOMBAT 10:00pm-10:30pm Studio1	 LESMILLS BODYATTACK 10:00pm-10:30pm Studio1	LESMILLS DANCE 10:00pm-10:30pm Studio1	22:00
23:00	 LESMILLS BODYATTACK 11:00pm-11:30pm Studio1	 LESMILLS BODYCOMBAT 11:00pm-11:30pm Studio1	 LESMILLS BODYBALANCE 11:00pm-11:30pm Studio1	 LESMILLS GRIT 11:00pm-11:30pm Studio1	LESMILLS DANCE 11:00pm-11:30pm Studio1	 LESMILLS BODYCOMBAT 11:00pm-11:30pm Studio1	 LESMILLS BODYCOMBAT 11:00pm-11:30pm Studio1	23:00