



HLC CLASS TIMETABLE

MONDAY	06:45-07:30 Les Mills Virtual Spin (THE TRIP)	09:00-09:30 Les Mills Virtual Spin (SPRINT)	09:00-09:45 Aqua	09:15-10:00 Virtual Body Pump	10:15-10:45 Core		12:00-12:30 Les Mills Virtual (RPM)			17:30-18:00 Spin	18:15-19:00 HIIT	19:30-20:30 Yoga
TUESDAY	06:45-07:30 Les Mills Virtual BODYPUMP		09:15-10:00 Dance Fit	09:30-10:15 Spin	10:15-11:00 Yoga		12:00-12:30 Les Mills Virtual Spin (SPRINT)		17:45-18:30 HIIT	18:45-19:30 Spin		19:30-20:15 Aqua
WEDNESDAY		09:30-10:15 Spin	09:15-10:00 Trigger point Pilates		10:30-11:00 Core	11:15-12:00 Functional Fitness	12:00-12:30 Les Mills Virtual Spin (RPM)			17:45-18:30 Spin	18:45-19:30 Circuits	20:00-20:45 Pilates
THURSDAY	06:45-07:30 Les Mills Virtual BODY-COMBAT	09:00- 10:00 Virtual Spin	10:15- 11:15 Circuits		12:00-12:45 Aqua	12:00-12:45 Aerobics 4 All	12:00-12:30 Les Mills Virtual Spin (SPRINT)		17:30 – 18:15 Box Fit	18:30-19:15 Spin	18:45-19:30 Aqua	19:15- 20:15 Yoga
FRIDAY	06:45-07:30 Les Mills Virtual BODYPUMP	09:00-09:30 Les Mills Virtual Spin (SPRINT)	09:00-09:45 Aqua	09:15-10:00 Dance Fit		10:15-11:00 Trigger point Pilates	12:00-12:30 Les Mills Virtual Spin (RPM)		17:45-18:30 HIIT	18:45- 19:15 Spin		
SATURDAY	9:00-9:45 Les Mills Virtual Spin (THE TRIP)	10:30-11:15 Circuits					12:00-12:30 Les Mills Virtual Spin (SPRINT)					
SUNDAY	09:00- 09:45 Circuits	09:30-10:15 Les Mills Virtual GRIT					12:00-12:45pm Les Mills Virtual Spin (THE TRIP)					