

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 6:15AM - 7:00AM	<b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 6:15AM - 7:00AM	<b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 8:15AM - 9:00AM	<b>LES MILLS BODYCOMBAT</b> 8:15AM - 9:00AM
<b>LES MILLS BODYPUMP</b> 7:00AM - 7:45AM	<b>LES MILLS BODYBALANCE</b> 7:00AM - 7:45AM	<b>LES MILLS BODYPUMP</b> 7:00AM - 7:45AM	<b>LES MILLS BODYBALANCE</b> 7:00AM - 7:45AM	<b>LES MILLS BODYPUMP</b> 7:00AM - 7:45AM	<b>LES MILLS BODYCOMBAT</b> 9:00AM - 9:30AM	<b>LES MILLS BODYPUMP</b> 9:00AM - 9:30AM
<b>LES MILLS GRIT   CARDIO</b> 7:45AM - 8:15AM	<b>LES MILLS GRIT   STRENGTH</b> 7:45AM - 8:15AM	<b>LES MILLS GRIT   CARDIO</b> 7:45AM - 8:15AM	<b>LES MILLS GRIT   STRENGTH</b> 7:45AM - 8:15AM	<b>LES MILLS GRIT   CARDIO</b> 7:45AM - 8:15AM	<b>LES MILLS barre</b> 9:30AM - 10:00AM	<b>LES MILLS GRIT   CARDIO</b> 9:30AM - 10:00AM
<b>LES MILLS BODYATTACK</b> 8:15AM - 9:00AM	<b>LES MILLS CORE</b> 8:15AM - 9:00AM	<b>LES MILLS BODYATTACK</b> 8:15AM - 9:00AM	<b>LES MILLS CORE</b> 8:15AM - 9:00AM	<b>LES MILLS BODYATTACK</b> 8:15AM - 9:00AM	<b>LES MILLS GRIT   STRENGTH</b> 10:00AM - 10:30AM	<b>LES MILLS SH'BAM</b> 10:00AM - 10:30AM
<b>LES MILLS CORE</b> 9:30AM - 10:00AM	<b>LES MILLS barre</b> 9:30AM - 10:00AM	<b>LES MILLS CORE</b> 9:30AM - 10:00AM	<b>LES MILLS barre</b> 9:30AM - 10:00AM	<b>LES MILLS CORE</b> 9:30AM - 10:00AM	<b>LES MILLS BODYATTACK</b> 10:30AM - 11:00AM	<b>LES MILLS barre</b> 10:30AM - 11:00AM
<b>LES MILLS SH'BAM</b> 10:00AM - 10:30AM	<b>LES MILLS GRIT   CARDIO</b> 10:00AM - 10:30AM	<b>LES MILLS SH'BAM</b> 10:00AM - 10:30AM	<b>LES MILLS GRIT   CARDIO</b> 10:00AM - 10:30AM	<b>LES MILLS SH'BAM</b> 10:00AM - 10:30AM	<b>LES MILLS BODYPUMP</b> 11:30AM - 12:00PM	<b>LES MILLS BODYATTACK</b> 11:30AM - 12:00PM
<b>LES MILLS GRIT   STRENGTH</b> 10:30AM - 11:00AM	<b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM	<b>LES MILLS GRIT   STRENGTH</b> 10:30AM - 11:00AM	<b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM	<b>LES MILLS GRIT   STRENGTH</b> 10:30AM - 11:00AM	<b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM	<b>LES MILLS BODYPUMP</b> 12:00PM - 12:30PM
<b>LES MILLS barre</b> 11:00AM - 11:30AM	<b>LES MILLS BODYPUMP</b> 11:15AM - 11:45AM	<b>LES MILLS barre</b> 11:00AM - 11:30AM	<b>LES MILLS BODYPUMP</b> 11:15AM - 11:45AM	<b>LES MILLS barre</b> 11:00AM - 11:30AM	<b>LES MILLS GRIT   CARDIO</b> 12:30PM - 1:00PM	<b>LES MILLS CORE</b> 12:30PM - 1:00PM
<b>LES MILLS BODYBALANCE</b> 11:30AM - 12:00PM	<b>LES MILLS CORE</b> 11:45AM - 12:15PM	<b>LES MILLS BODYBALANCE</b> 11:30AM - 12:00PM	<b>LES MILLS CORE</b> 11:45AM - 12:15PM	<b>LES MILLS BODYBALANCE</b> 11:30AM - 12:00PM	<b>LES MILLS CORE</b> 1:00PM - 1:30PM	<b>LES MILLS GRIT   STRENGTH</b> 1:00PM - 1:30PM
<b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM	<b>LES MILLS BODYATTACK</b> 12:15PM - 1:00PM	<b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM	<b>LES MILLS BODYATTACK</b> 12:15PM - 1:00PM	<b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM	<b>LES MILLS SH'BAM</b> 1:30PM - 2:00PM	<b>LES MILLS BODYBALANCE</b> 1:30PM - 2:00PM
<b>LES MILLS GRIT   CARDIO</b> 12:45PM - 1:15PM	<b>LES MILLS GRIT   STRENGTH</b> 1:00PM - 1:30PM	<b>LES MILLS GRIT   CARDIO</b> 12:45PM - 1:15PM	<b>LES MILLS GRIT   STRENGTH</b> 1:00PM - 1:30PM	<b>LES MILLS GRIT   CARDIO</b> 12:45PM - 1:15PM	<b>LES MILLS BODYBALANCE</b> 2:00PM - 2:30PM	<b>LES MILLS SH'BAM</b> 2:00PM - 2:30PM
<b>LES MILLS BODYCOMBAT</b> 1:15PM - 1:45PM	<b>LES MILLS BODYCOMBAT</b> 1:30PM - 2:15PM	<b>LES MILLS BODYCOMBAT</b> 1:15PM - 1:45PM	<b>LES MILLS BODYCOMBAT</b> 1:30PM - 2:15PM	<b>LES MILLS BODYCOMBAT</b> 1:15PM - 1:45PM	<b>LES MILLS BODYATTACK</b> 2:30PM - 3:00PM	<b>LES MILLS BODYPUMP</b> 2:30PM - 3:00PM
<b>LES MILLS CORE</b> 1:45PM - 2:15PM	<b>LES MILLS BODYBALANCE</b> 2:15PM - 3:00PM	<b>LES MILLS CORE</b> 1:45PM - 2:15PM	<b>LES MILLS BODYBALANCE</b> 2:15PM - 3:00PM	<b>LES MILLS CORE</b> 1:45PM - 2:15PM	<b>LES MILLS BODYPUMP</b> 3:00PM - 3:30PM	<b>LES MILLS BODYATTACK</b> 3:00PM - 3:30PM
<b>LES MILLS BODYATTACK</b> 2:15PM - 3:00PM	<b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM	<b>LES MILLS BODYATTACK</b> 2:15PM - 3:00PM	<b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM	<b>LES MILLS BODYATTACK</b> 2:15PM - 3:00PM	<b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:00PM	<b>LES MILLS barre</b> 3:30PM - 4:00PM
<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS SH'BAM</b> 3:45PM - 4:30PM	<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS SH'BAM</b> 3:45PM - 4:30PM	<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS barre</b> 4:00PM - 4:30PM	<b>LES MILLS BODYCOMBAT</b> 4:00PM - 4:30PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS</b> <b>BODYBALANCE</b> 3:45PM - 4:30PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>BODYBALANCE</b> 3:45PM - 4:30PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>BODYBALANCE</b> 3:45PM - 4:30PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 4:30PM - 5:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 4:30PM - 5:00PM</p>
<p><b>LES MILLS</b> <b>BODYPUMP</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 5:00PM - 5:30PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 5:00PM - 5:30PM</p>
<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 5:30PM - 6:00PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 5:30PM - 6:00PM</p>
<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 6:00PM - 6:30PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 6:00PM - 6:30PM</p>
<p><b>LES MILLS</b> <b>GRIT</b>   ATHLETIC 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>GRIT</b>   ATHLETIC 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>BODYATTACK</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>GRIT</b>   ATHLETIC 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 6:30PM - 7:00PM</p>	<p><b>LES MILLS</b> <b>GRIT</b>   ATHLETIC 6:30PM - 7:00PM</p>
<p><b>LES MILLS</b> <b>BODYPUMP</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>GRIT</b>   ATHLETIC 7:00PM - 7:30PM</p>	<p><b>LES MILLS</b> <b>BODYPUMP</b> 7:00PM - 7:30PM</p>
<p><b>LES MILLS</b> <b>SH'BAM</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>BODYBALANCE</b> 8:00PM - 8:45PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>BODYBALANCE</b> 8:00PM - 8:45PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>BODYBALANCE</b> 7:30PM - 8:00PM</p>	<p><b>LES MILLS</b> <b>barre</b> 7:30PM - 8:00PM</p>
<p><b>LES MILLS</b> <b>barre</b> 8:00PM - 8:30PM</p>	<p><b>LES MILLS</b> <b>barre</b> 8:45PM - 9:15PM</p>	<p><b>LES MILLS</b> <b>barre</b> 8:00PM - 8:30PM</p>	<p><b>LES MILLS</b> <b>barre</b> 8:45PM - 9:15PM</p>	<p><b>LES MILLS</b> <b>barre</b> 8:00PM - 8:30PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 8:00PM - 8:30PM</p>	<p><b>LES MILLS</b> <b>SH'BAM</b> 8:00PM - 8:30PM</p>
<p><b>LES MILLS</b> <b>CORE</b> 8:30PM - 9:00PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 9:15PM - 9:45PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 8:30PM - 9:00PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 9:15PM - 9:45PM</p>	<p><b>LES MILLS</b> <b>CORE</b> 8:30PM - 9:00PM</p>		
<p><b>LES MILLS</b> <b>BODYBALANCE</b> 9:00PM - 9:45PM</p>		<p><b>LES MILLS</b> <b>BODYBALANCE</b> 9:00PM - 9:45PM</p>		<p><b>LES MILLS</b> <b>BODYBALANCE</b> 9:00PM - 9:45PM</p>		

**LES MILLS**  
**BODYBALANCE**

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

**LES MILLS**  
**barre**

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

**LES MILLS**  
**BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

**LES MILLS**  
**BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

**LES MILLS**  
**BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

**LES MILLS**  
**BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

**LES MILLS**  
**BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

**LES MILLS**  
**BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

**LES MILLS**  
**BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

**LES MILLS**  
**BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

**LES MILLS**  
**CORE**

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

**LES MILLS**  
**CORE**

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

**LES MILLS** | **GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

**LES MILLS** | **GRIT** | CARDIO

High-intensity interval training that improves cardiovascular fitness.

**LES MILLS** | **GRIT** | STRENGTH


High-intensity interval training designed to improve strength and build lean muscle.

**LES MILLS**  
**SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

**LES MILLS**  
**SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!



**Clever Fit Karolina**  
Group Exercise Timetable