

the Lodge fitnesscentre

STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.15AM		LES MILLS EXPRESS BODYCOMBAT >> 45MINS BEN		LES MILLS BODYPUMP JULES			
8.15AM						LES MILLS BODYATTACK HERRY	
9.15AM	FREESTYLE STEP TANYA	LES MILLS BODYATTACK PATRICK	LES MILLS BODYCOMBAT PATRICK	STEP & PUMP COMBO LYN	FIT & FIRM TANYA	LES MILLS BODYPUMP LUKE	LES MILLS BODYPUMP CARMA
10.15AM	ROCK HARD CARMA	LES MILLS CXWORX 30MINS PATRICK	LES MILLS BODYPUMP AMANDA	LES MILLS CXWORX 30MINS LYN	LES MILLS BODYPUMP CARMA	LES MILLS BODYCOMBAT LUKE & PATRICK	LES MILLS SH'BAM BEN
10.45AM	LES MILLS BODYPUMP CARMA	LES MILLS SH'BAM PATRICK 45MINS		ZUMBA FITNESS PAULINI			
11.15AM						LES MILLS SH'BAM LUKE & PATRICK	
5.00PM	LES MILLS CXWORX 30MINS LUKE			ROCK HARD CARMA 30MINS			
5.30PM	LES MILLS BODYCOMBAT LUKE	LES MILLS BODYPUMP CARMA	LES MILLS BODYATTACK PATRICK	LES MILLS BODYPUMP LUKE			
5.45PM					COMMANDO RUSSELL 45MINS		
6.30PM	LES MILLS BODYATTACK LUKE	LES MILLS BODYCOMBAT PATRICK	LES MILLS BODYPUMP 30MINS LYN	LES MILLS SH'BAM LUKE 45MINS	ZUMBA FITNESS DENISE		
7.00PM			LES MILLS CXWORX 30MINS LYN				
7.15PM				LES MILLS BODYJAM PATRICK			
7.30PM	LES MILLS BODYPUMP HEIDI	ZUMBA FITNESS DENISE	LES MILLS BODYCOMBAT PATRICK				
8.15PM				LES MILLS EXPRESS BODYCOMBAT >> 45MINS LUKE			

RPM

6.15AM	LES MILLS RPM CARMA		LES MILLS RPM CRAIG		LES MILLS RPM CRAIG		
9.15AM			LES MILLS RPM AMANDA			LES MILLS RPM CLAYTON/HYLIE	LES MILLS RPM HYLIE
4.30PM	LES MILLS RPM AMANDA						
6.30PM	LES MILLS RPM CRAIG	LES MILLS RPM LYN	LES MILLS RPM CARMA	LES MILLS RPM CRAIG	LES MILLS RPM CARMA		

STUDIO 2

9.15AM		THEMP SOHNG CLAYTON		THEMP SOHNG TANYA		YOGA HAREN	
10.15AM						LES MILLS BODYBALANCE HEIDI	
5.30PM	LES MILLS BODYBALANCE NICOLE			LES MILLS BODYBALANCE SHARON			
6.30PM	THEMP SOHNG CLAYTON	LES MILLS BODYBALANCE SHARON	THEMP SOHNG RUSSELL				
7.30PM			YOGA SHARON				

Bringing out
your best