

# VIRTUAL CLASS TIMETABLE

## COMMENCING MONDAY 4TH SEPTEMBER

### MONDAY

8.15	BodyCombat	30min
8.50	CXWORX	30min
14.30	BodyCombat	60min
16.30	Sh'Bam	30min
17.00	CXWORX	30min

### TUESDAY

7.10	BodyCombat	60min
8.15	CXWORX	30min
8.50	BodyCombat	30min
12.30	BodyPump	30min
13.45	CXWORX	30min
14.25	BodyCombat	60min
15.30	BodyBalance	60min
16.35	Sh'Bam	30min

### WEDNESDAY

8.00	CXWORX	30min
14.00	BodyPump	60min
15.15	BodyBalance	60min
16.30	CXWORX	30min

### THURSDAY

7.10	BodyCombat	30min
7.45	BodyPump	60min
8.50	CXWORX	30min
13.50	BodyCombat	60min
15.00	BodyPump	60min
16.30	CXWORX	30min
17.20	BodyCombat	30min
20.50	BodyBalance	60min

### FRIDAY

6.15	BodyCombat	60min
7.20	BodyPump	30min
8.00	BodyBalance	60min
9.05	CXWORX	30min
13.45	CXWORX	30min
14.20	BodyCombat	60min
15.30	Sh'Bam	30min
16.30	BodyPump	60min
21.00	BodyPump	60min

### SATURDAY

13.50	BodyCombat	60min
15.00	BodyPump	60min
16.05	Sh'Bam	45min
18.30	BodyBalance	60min

### SUNDAY

13.30	Sh'Bam	45min
14.20	BodyPump	60min
15.25	CXWORX	30min
17.30	BodyBalance	60min
18.35	BodyPump	30min
19.15	BodyCombat	30min

**All Virtual Classes take place  
in the Les Mills Studio**

These classes are led by a virtual instructor on screen.  
We recommend you stretch after your class as they do  
not all include a cool-down.