



CHRISTMAS TIMETABLE

DECEMBER 2024 - JANUARY 2025



MONDAY 23rd - SUNDAY 29th

	MON 23rd	TUE 24th	WED 25th	THUR 26th	FRI 27th
5:15AM	LES MILLS GRIT	5:10am LES MILLS STRENGTH DEVELOPMENT	XMAS DAY 24/7 ACCESS ONLY	BOXING DAY	
6AM	LES MILLS sprint	LES MILLS sprint			LES MILLS sprint
6AM	LES MILLS Hiit 30 ZONE	LES MILLS Hiit 30 ZONE 6:10am			LES MILLS BODYPUMP
9:10AM		STRADIOMAS		LES MILLS Hiit 30 ZONE	LES MILLS BODYATTACK
10AM				LES MILLS BODYPUMP	STRADIOMAS
5:30PM	LES MILLS BODYPUMP			24/7 ACCESS ONLY	LES MILLS Hiit SOLO NO INSTRUCTOR
6:05PM	LES MILLS EXPRESS BODYATTACK				
6:45PM	LES MILLS BODYBALANCE				

	SAT 28th	SUN 29th
8:30AM		LES MILLS sprint
8:30AM	LES MILLS Hiit 30 ZONE	LES MILLS BODYPUMP
9:10AM	LES MILLS BODYPUMP	LES MILLS 9:25am BODYBALANCE
4PM		LES MILLS STRENGTH DEVELOPMENT

MONDAY 30th - SUNDAY 5th

	MON 30th	TUE 31st	WED 1st	THUR 2nd	FRI 3rd
5:15AM		NYE 24/7 ACCESS ONLY	NEW YEARS DAY	5:10am LES MILLS STRENGTH DEVELOPMENT	LES MILLS GRIT
6AM	LES MILLS sprint			LES MILLS sprint	LES MILLS sprint
6AM	LES MILLS GRIT			LES MILLS Hiit 30 ZONE 9:25am	LES MILLS BODYPUMP
9AM			LES MILLS Hiit 30 ZONE		
10AM			LES MILLS BODYPUMP		
5:30PM	LES MILLS BODYPUMP		24/7 ACCESS ONLY	LES MILLS BODYPUMP	LES MILLS Hiit SOLO NO INSTRUCTOR
6:05PM	LES MILLS EXPRESS BODYATTACK			LES MILLS CORE	
6:45PM	LES MILLS BODYBALANCE				

	SAT 4th	SUN 5th
8:30AM		LES MILLS sprint
8:30AM	LES MILLS Hiit 30 ZONE	LES MILLS BODYPUMP
9:10AM	LES MILLS BODYPUMP	LES MILLS 9:25am BODYBALANCE
4PM		LES MILLS STRENGTH DEVELOPMENT

MONDAY 6th - SUNDAY 12th

	MON 6th	TUE 7th	WED 8th	THUR 9th	FRI 10th
5:15AM	LES MILLS GRIT	5:10am LES MILLS STRENGTH DEVELOPMENT	LES MILLS GRIT	5:10am LES MILLS STRENGTH DEVELOPMENT	LES MILLS GRIT
6AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
6AM	LES MILLS Hiit 30 ZONE	LES MILLS Hiit 30 ZONE 6:10am	LES MILLS CORE	LES MILLS Hiit 30 ZONE 6:10am	LES MILLS 6am BODYPUMP
9:15AM	LES MILLS BODYPUMP	MAT PILATES	LES MILLS BODYPUMP	LES MILLS Hiit 30 ZONE	LES MILLS BODYATTACK
5:30PM	LES MILLS BODYPUMP	LES MILLS Hiit 30 ZONE	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS Hiit SOLO NO INSTRUCTOR
6:05PM	LES MILLS EXPRESS BODYATTACK	LES MILLS 6:15pm BODYPUMP	LES MILLS GRIT	LES MILLS CORE	
6:45PM	LES MILLS BODYBALANCE				

	SAT 11th	SUN 12th
8:30AM		LES MILLS sprint
8:30AM	LES MILLS Hiit 30 ZONE	LES MILLS BODYPUMP
9:10AM	LES MILLS BODYPUMP	LES MILLS 9:25am BODYBALANCE
4PM		LES MILLS STRENGTH DEVELOPMENT

MONDAY 13th - SUNDAY 19th

	MON 13th	TUE 14th	WED 15th	THUR 16th	FRI 17th
5:15AM	LES MILLS GRIT	5:10am LES MILLS STRENGTH DEVELOPMENT	LES MILLS GRIT	5:10am LES MILLS STRENGTH DEVELOPMENT	LES MILLS GRIT
6AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
6AM	LES MILLS Hiit 30 ZONE	6:10am BRO SPLIT	LES MILLS CORE	6:10am BRO SPLIT	LES MILLS BODYPUMP
9:15AM	LES MILLS BODYPUMP	BRO SPLIT	LES MILLS BODYPUMP	BRO SPLIT	LES MILLS BODYATTACK
10:15AM	MAT PILATES		STRADIOMAS	4:40PM BRO SPLIT	LES MILLS BODYBALANCE
5:30PM	LES MILLS BODYPUMP	5:20pm BRO SPLIT	LES MILLS EXPRESS BODYATTACK	LES MILLS BODYPUMP	LES MILLS Hiit SOLO NO INSTRUCTOR
6:05PM	LES MILLS EXPRESS BODYATTACK	LES MILLS 6:15pm BODYPUMP	LES MILLS GRIT	LES MILLS CORE	
6:45PM	LES MILLS BODYBALANCE	MAT PILATES		7am ZANCE	

	SAT 18th	SUN 19th
7:30AM	LES MILLS Hiit 30 ZONE	LES MILLS sprint
8:15AM	LES MILLS CORE	LES MILLS BODYPUMP
9:10AM	LES MILLS BODYPUMP	LES MILLS 9:25am BODYBALANCE
4PM		LES MILLS STRENGTH DEVELOPMENT