

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>Spinning</u> (1) <b>6.40am - 7:25am</b> Jackie <u>Pilates</u> (2) <b>9am – 9:45am</b> Jackie <u>Aqua</u> <b>9:15am - 10am</b> Charlotte	<u>Les Mills Body Balance</u> (1) <b>7am - 7:45am</b> Jackie <u>Les Mills Body Pump</u> (1) <b>9am – 9.45am</b> Kristy <u>Aqua</u> <b>9:15am - 10am</b> Charlotte	<u>Spinning</u> (1) <b>9am - 9:45am</b> Kieren <u>Les Mills Body Balance</u> (2) <b>9am - 9:45am</b> Sara	<u>Spinning</u> (1) <b>6:40am - 7:25am</b> Jackie <u>Spinning</u> (1) <b>9am – 9:45am</b> Gemma <u>Pilates</u> (2) <b>9am - 9:45pm</b> Kristy <u>Aqua</u> <b>9:15am - 10am</b> Sara	<u>Spinning</u> (1) <b>6:40am – 7:25am</b> Caroline <u>Les Mills Body Balance</u> (1) <b>9am – 9:45am</b> Jackie		<u>Spinning</u> (1) <b>8am -8:45am</b> Gemma <u>Spinning</u> (1) <b>9am – 9:45am</b> Gemma
	<u>L/B/T</u> (1) <b>10:00am – 10:45am</b> Jackie <u>Beginners Pilates</u> (2) <b>11am – 11:45am</b> Jackie <u>Zumba</u> (1) <b>11am – 11.45am</b> Aimee	<u>Body Conditioning</u> (1) <b>10am – 10.45am</b> Kristy <u>Pilates</u> (1) <b>11am - 11:45am</b> Kristy	<u>Legs/Bums/Tums</u> (1) <b>10am - 10:45am</b> Kieren <u>Les Mills Body Combat</u> (2) <b>10am - 10:45am</b> Sara <u>Line Dancing</u> (1) <b>11am - 12:30pm</b> Kalvin	<u>Body Conditioning</u> (1) <b>10am - 10:45am</b> Gemma <u>Swiss Ball</u> (2) <b>10am – 10.30am</b> Kristy <u>Pilates</u> (2) <b>10.45am - 11:30am</b> Kristy	<u>Body Conditioning</u> (1) <b>10am - 10:45am</b> Jackie <u>Boxercise</u> (1) <b>11am-11.45am</b> Aimee <u>Calenetics + Stretch</u> (2) <b>10:50am - 11:20am</b> Jackie <u>Zumba</u> (1) <b>12am - 12:45pm</b> Aimee	<u>Pilates</u> (Every other Weekend)(1) <b>11.15am – 12pm</b> Gill	<u>Les Mills Body Pump</u> (1) <b>10am - 11am</b> Gemma
	<u>Spinning</u> (1) <b>6pm - 6:45pm</b> Gemma <u>Salsa Fit</u> (2) <b>6pm – 6:45pm</b> Sophie <u>Dance Yoga</u> (2) <b>6:50 – 7:35pm</b> Sophie <u>Les Mills Body Pump</u> (1) <b>7pm - 7:45pm</b> Gemma <u>Les Mills Body Combat</u> (1) <b>8pm - 8:45pm</b> Anna	<u>Spinning</u> (1) <b>5:15pm – 6pm</b> Gemma <u>L/B/T</u> (2) <b>6:15pm – 7pm</b> Gemma <u>Aqua</u> <b>6.15pm – 7pm</b> <u>Les Mills Body Combat</u> (1) <b>6.15pm – 7pm</b> Sara <u>Les Mills Body Pump</u> (1) <b>7.15pm – 8pm</b> Sara <u>Les Mills Body Balance</u> (2) <b>8.15pm – 9pm</b> Sara	<u>Mixed Yoga</u> (1) <b>3pm – 4:00pm</b> Vienna <u>Boxercise</u> (1) <b>6pm – 6:45pm</b> - Monju <u>Salsa Fit</u> (2) <b>6pm – 6:45pm</b> Sophie <u>Spinning</u> (1) <b>6.50pm - 7:35pm</b> Kieren <u>Dance Yoga</u> (2) <b>6:50pm – 7:35pm</b> Sophie <u>Body Conditioning</u> (1) <b>7.50pm – 8.35pm</b> Kieren	<u>Body Balance</u> (2) <b>5:15pm - 6pm</b> <u>Aqua</u> <b>6:00pm - 6:45pm</b> Charlotte <u>Zumba</u> (2) <b>6:15pm - 7pm</b> Aimee <u>Spinning</u> (1) <b>6:05pm – 6:50pm</b> <u>Les Mills Body Pump</u> (1) <b>7pm – 7:45pm</b> <u>Les Mills Body Combat</u> (2) <b>7:05pm – 7:50pm</b> Anna	<u>Les Mills Body Pump</u> (1) <b>6pm – 6:45pm</b> Gemma <u>Spinning</u> (1) <b>7pm – 7:45pm</b> Gemma		
All Classes have a zoom option available.							
				Studio 1 Login; ID – <b>766 363 3849</b> Password: <b>Riverhills</b>		Studio 2 Login; ID – <b>954 354 0824</b> Password: <b>RH2</b>	

\*Timetable for June 2022 – August 2022, Subject to change