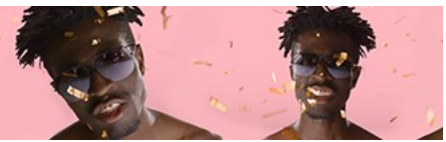


GROUP FITNESS TIMETABLE



NOW ON SPOTIFY



Primary Club: **Wellington Extreme** ▼

Last updated: 30 Sep 2017 at 4.11p.m.

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
				MORNING				
5:45 AM				 Studio 1 With Virtual		 Studio 1 With Virtual	 Studio 1 With Virtual	5:45 AM
6:00 AM			 Studio 1 With Kimesha		 Studio 1 With Kimesha			6:00 AM
6:30 AM			YOGA Studio 2 With Maddi CYCLE Studio With Adam Studio 1 With Gerry	 Studio 2 With Jerilee Studio 1 With Bex CYCLE Studio With Deanne	 CYCLE Studio With Larna Studio 1 With Lucy P Studio 2 With Mike	 Studio 1 With Anj & Zac CYCLE Studio With Donald	 CYCLE Studio With Kayt Studio 1 With Steve Studio 2 With Marie	6:30 AM
7:00 AM				 Studio 3 With Kimesha				7:00 AM
7:15 AM	 Studio 1 With Virtual	 Studio 1 With Virtual						7:15 AM
7:30 AM			 Studio 1 With Grant H	 Studio 1 With Denise	 Studio 1 With Cary	 Studio 1 With Grant H	 Studio 1 With Jonty	7:30 AM
8:00 AM	YOGA Studio 2 With Zac Studio 1 With Lucy P	 Studio 1 With Virtual						8:00 AM
8:15 AM	 CYCLE Studio With Lauren							8:15 AM
9:00 AM	 CYCLE Studio With Justine Studio 1 With Florence Studio 2 With Lauren	YOGA Studio 2 With Daisy CYCLE Studio With Justine Studio 1 With Lucy P						9:00 AM















	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
9:20 AM			LES MILLS BODYBALANCE Studio 1 With Cody	LES MILLS BODYPUMP Studio 1 With Cary	LES MILLS BODYBALANCE Studio 1 With Amy	LES MILLS BODYCOMBAT Studio 1 With Chelsea	LES MILLS BODYPUMP Studio 1 With Craig	9:20 AM
10:00 AM	YOGA Studio 2 With Zac LES MILLS BODYATTACK Studio 1 With Alistair IMPACT Impact Studio With Richard	LES MILLS BODYATTACK Studio 1 With Angela						10:00 AM
10:20 AM			LES MILLS CXWORX Studio 1 With Cary	LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS BODYPUMP Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Peter S	10:20 AM
10:55 AM			LES MILLS GRIT PLYO Studio 1 With Virtual	LES MILLS BODYPUMP Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYPUMP Studio 1 With Virtual	LES MILLS GRIT CARDIO Studio 1 With Virtual	10:55 AM
11:00 AM	LES MILLS GRIT STRENGTH Studio 1 With Dan LES MILLS CXWORX Studio 2 With Alistair	LES MILLS BODYJAM Studio 1 With Peter P						11:00 AM
11:25 AM			LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYCOMBAT Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	11:25 AM
11:30 AM	LES MILLS GRIT CARDIO Studio 1 With Davinnia							11:30 AM
LUNCH TIME								
12:00 PM	LES MILLS BODYJAM Studio 1 With Cade	LES MILLS BODYCOMBAT Studio 1 With Anj						12:00 PM
12:10 PM			LES MILLS GRIT CARDIO Studio 3 With Cary LES MILLS BODYPUMP Studio 1 With Florence LES MILLS Sprint CYCLE Studio With Cath	LES MILLS RPM CYCLE Studio With Larna LES MILLS BODYPUMP Studio 2 With Carmen LES MILLS BODYBALANCE Studio 1 With Steve	LES MILLS GRIT STRENGTH Studio 1 With Amy LES MILLS BODYCOMBAT Studio 2 With Zac LES MILLS Sprint CYCLE Studio With Sam	LES MILLS GRIT CARDIO Studio 1 With Samuel LES MILLS RPM CYCLE Studio With Cath	YOGA Studio 2 With Erin LES MILLS RPM CYCLE Studio With Justine LES MILLS BODYCOMBAT Studio 1 With Melissa	12:10 PM
12:40 PM					LES MILLS CXWORX Studio 1 With Amy	LES MILLS BODYPUMP Studio 1 With Richie		12:40 PM
AFTERNOON								

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
1:00 PM	LES MILLS SH'BAM Studio 1 With Flash & Georgia	LES MILLS BODYBALANCE Studio 1 With Christina						1:00 PM
1:10 PM			LES MILLS BODYBALANCE Studio 1 With Shane	LES MILLS GRIT CARDIO Studio 1 With Cary	LES MILLS BODYPUMP Studio 1 With Cary	LES MILLS BODYBALANCE Studio 1 With Cody	LES MILLS BODYPUMP Studio 1 With Florence	1:10 PM
2:00 PM	LES MILLS BODYBALANCE Studio 1 With Hans							2:00 PM
2:15 PM			LES MILLS GRIT STRENGTH Studio 1 With Virtual	LES MILLS BODYPUMP Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS BODYPUMP Studio 1 With Virtual	LES MILLS GRIT STRENGTH Studio 1 With Virtual	2:15 PM
2:25 PM		LES MILLS BODYPUMP Studio 1 With Virtual						2:25 PM
2:50 PM			LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS GRIT CARDIO Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	2:50 PM
3:00 PM	LES MILLS BODYCOMBAT Studio 1 With Bex & Grant	LES MILLS BODYSTEP Studio 1 With Erina						3:00 PM
3:25 PM			LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS CXWORX Studio 1 With Virtual	LES MILLS BODYBALANCE Studio 1 With Virtual	LES MILLS SH'BAM Studio 1 With Virtual	3:25 PM
4:00 PM	LES MILLS CXWORX Studio 1 With Bex	LES MILLS GRIT STRENGTH Studio 1 With Kimesha	YOGA Studio 2 With Daisy				YOGA Studio 2 With Daisy	4:00 PM
4:15 PM			LES MILLS BODYPUMP Studio 1 With Richie	LES MILLS BODYPUMP Studio 1 With Gigi	LES MILLS GRIT STRENGTH Studio 1 With Benjamin			4:15 PM
4:30 PM	LES MILLS BODYPUMP Studio 1 With Gigi	LES MILLS GRIT CARDIO Studio 1 With Kimesha						4:30 PM
4:45 PM					LES MILLS GRIT CARDIO Studio 1 With Jonty	LES MILLS GRIT CARDIO Studio 1 With Samuel	LES MILLS GRIT CARDIO Studio 1 With Rueben	4:45 PM
5:00 PM		LES MILLS RPM CYCLE Studio With Kayt		LES MILLS CXWORX Studio 2 With Steve				5:00 PM
		LES MILLS BODYPUMP Studio 1 With Alistair		LES MILLS sprint CYCLE Studio With Cath	LES MILLS CXWORX Studio 2 With Kayt	LES MILLS CXWORX Studio 2 With Cody		
5:15 PM			LES MILLS BODYATTACK Studio 1 With Alistair	LES MILLS BODYCOMBAT Studio 1 With Solomon	LES MILLS BODYATTACK Studio 1 With Marie	LES MILLS BODYPUMP Studio 1 With Stefan B	LES MILLS BODYPUMP Studio 1 With Donald	5:15 PM

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 PM			LES MILLS GRIT STRENGTH Studio 3 With Jonty	LES MILLS GRIT STRENGTH Studio 3 With Jonty	LES MILLS GRIT PLYO Studio 3 With Denise	LES MILLS GRIT STRENGTH Studio 3 With Ash	LES MILLS BODYSTEP Studio 2 With Kate	5:30 PM
	LES MILLS BODYATTACK Studio 1 With Isaac		LES MILLS RPM CYCLE Studio With Jude	LES MILLS RPM CYCLE Studio With Wayne X	LES MILLS RPM CYCLE Studio With Adam	LES MILLS RPM CYCLE Studio With Donald		
			LES MILLS BODYSTEP Studio 2 With Kate	LES MILLS BODYSTEP Studio 2 With Richie	LES MILLS SH'BAM Studio 2 With Georgia	LES MILLS BODYSTEP ATHLETIC Studio 2 With Richie		

EVENING

6:00 PM		LES MILLS CXWORX Studio 1 With Alistair	IMPACT Impact Studio With Nicole	LES MILLS GRIT STRENGTH Studio 1 With Dan IMPACT Impact Studio With Thomas	IMPACT Impact Studio With Jordan	IMPACT Impact Studio With Anna		6:00 PM
6:15 PM			LES MILLS GRIT CARDIO Studio 3 With Alistair LES MILLS BODYPUMP Studio 1 With Craig	LES MILLS GRIT PLYO Studio 3 With Alistair	LES MILLS GRIT STRENGTH Studio 3 With Grant H LES MILLS CXWORX Studio 1 With Cary	LES MILLS GRIT PLYO Studio 3 With Ash LES MILLS BODYATTACK Studio 1 With Peter S	LES MILLS CXWORX Studio 1 With Cody	6:15 PM
6:30 PM		LES MILLS BODYBALANCE Studio 1 With Shane	LES MILLS SH'BAM Studio 2 With Bianca	LES MILLS BODYATTACK Studio 1 With Craig LES MILLS BODYJAM Studio 2 With Peter P	LES MILLS BODYJAM Studio 2 With Cade LES MILLS sprint CYCLE Studio With Adam	LES MILLS BODYCOMBAT Studio 2 With Ang		6:30 PM
6:45 PM	LES MILLS GRIT STRENGTH Studio 1 With Virtual				LES MILLS BODYBALANCE Studio 1 With Carolyn			6:45 PM
7:00 PM						LES MILLS BODYBALANCE Studio 1 With Virtual		7:00 PM
7:15 PM			LES MILLS BODYBALANCE Studio 1 With Cody LES MILLS CXWORX Studio 2 With Peter S	LES MILLS BODYBALANCE Studio 1 With Hans		LES MILLS BODYBALANCE Studio 1 With Carolyn		7:15 PM
7:20 PM	LES MILLS CXWORX Studio 1 With Virtual							7:20 PM
7:30 PM					YOGA Studio 2 With Daisy LES MILLS BODYPUMP Studio 1 With Gigi			7:30 PM

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
7:35 PM							 Studio 1 With Virtual	7:35 PM
7:45 PM			YOGA Studio 2 With Zac					7:45 PM
8:10 PM							 Studio 1 With Virtual	8:10 PM
8:30 PM			 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual		8:30 PM
9:05 PM			 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual		9:05 PM
9:40 PM			 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual	 Studio 1 With Virtual		9:40 PM
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	