

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 - 7:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND	12:00 - 3:30 AM ONDEMAND
	4:00 - 4:30 AM LES MILLS <b>sprint</b> VIRTUAL	4:00 - 4:50 AM LES MILLS <b>RPM</b> VIRTUAL	4:00 - 4:30 AM LES MILLS <b>sprint</b> VIRTUAL	4:00 - 4:50 AM LES MILLS <b>RPM</b> VIRTUAL	4:00 - 4:30 AM LES MILLS <b>sprint</b> VIRTUAL	4:00 - 4:50 AM LES MILLS <b>RPM</b> VIRTUAL
	7:00 - 10:30 AM ONDEMAND	7:00 - 8:00 AM ONDEMAND	6:30 - 8:00 AM ONDEMAND	6:30 - 8:00 AM ONDEMAND	4:30 - 5:30 AM ONDEMAND	5:00 - 7:00 AM ONDEMAND
	10:30 - 11:20 AM LES MILLS <b>RPM</b> VIRTUAL	9:30 - 10:30 AM ONDEMAND	9:30 - 10:30 AM ONDEMAND	9:30 - 10:30 AM ONDEMAND	7:00 - 8:00 AM ONDEMAND	
	11:20 AM - 12 PM ONDEMAND	10:30 - 11:00 AM LES MILLS <b>sprint</b> VIRTUAL	10:30 - 11:20 AM LES MILLS <b>RPM</b> VIRTUAL	10:30 - 11:00 AM LES MILLS <b>sprint</b> VIRTUAL	9:30 - 10:30 AM ONDEMAND	
	12:00 - 12:30 PM LES MILLS <b>sprint</b> VIRTUAL	11:00 AM - 12:00 PM ONDEMAND	11:20 AM - 12:00 PM ONDEMAND	11:00 AM - 12:00 PM ONDEMAND	10:30 - 11:20 AM LES MILLS <b>RPM</b> VIRTUAL	
	12:30 - 1:00 PM ONDEMAND	12:00 - 12:50 PM LES MILLS <b>RPM</b> VIRTUAL	12:00 - 12:30 PM LES MILLS <b>sprint</b> VIRTUAL	12:00 - 12:50 PM LES MILLS <b>RPM</b> VIRTUAL	11:20 AM - 12:00 PM ONDEMAND	12:00 - 1:00 PM ONDEMAND
1:00 - 1:50 PM LES MILLS <b>RPM</b> VIRTUAL	1:00 - 1:50 PM LES MILLS <b>RPM</b> VIRTUAL		12:30 - 1:00 PM ONDEMAND		12:00 - 12:30 PM LES MILLS <b>sprint</b> VIRTUAL	1:00 - 1:50 PM LES MILLS <b>RPM</b> VIRTUAL
2:00 - 2:30 PM LES MILLS <b>sprint</b> VIRTUAL	2:00 - 2:30 PM LES MILLS <b>sprint</b> VIRTUAL	1:00 - 1:30 PM LES MILLS <b>sprint</b> VIRTUAL	1:00 - 1:50 PM LES MILLS <b>RPM</b> VIRTUAL	1:00 - 1:30 PM LES MILLS <b>sprint</b> VIRTUAL	12:30 - 1:00 PM ONDEMAND	2:00 - 2:30 PM LES MILLS <b>sprint</b> VIRTUAL
3:00 - 3:30 PM LES MILLS <b>RPM</b> VIRTUAL BEGINNER	2:30 - 5:00 PM ONDEMAND	2:00 - 2:50 PM LES MILLS <b>RPM</b> VIRTUAL	2:00 - 2:30 PM LES MILLS <b>sprint</b> VIRTUAL	2:00 - 2:50 PM LES MILLS <b>RPM</b> VIRTUAL	1:00 - 1:50 PM LES MILLS <b>RPM</b> VIRTUAL	3:00 - 3:30 PM LES MILLS <b>RPM</b> VIRTUAL BEGINNER
3:30 - 4:20 PM LES MILLS <b>RPM</b> VIRTUAL		3:00 - 4:00 PM ONDEMAND	2:30 - 3:00 PM LES MILLS <b>sprint</b> VIRTUAL	3:00 - 3:50 PM LES MILLS <b>RPM</b> VIRTUAL	2:00 - 2:30 PM LES MILLS <b>sprint</b> VIRTUAL	3:30 - 4:20 PM LES MILLS <b>RPM</b> VIRTUAL
6:00 PM - 12:00 AM ONDEMAND	7:00 - 8:30 PM ONDEMAND		3:00 - 4:30 PM ONDEMAND	4:00 - 5:30 PM ONDEMAND	2:30 - 8:00 PM ONDEMAND	4:30 - 5:00 PM LES MILLS <b>sprint</b> VIRTUAL
	8:30 - 9:00 PM LES MILLS <b>sprint</b> VIRTUAL	8:30 - 9:20 PM LES MILLS <b>RPM</b> VIRTUAL	8:30 - 9:00 PM LES MILLS <b>sprint</b> VIRTUAL	8:30 - 9:20 PM LES MILLS <b>RPM</b> VIRTUAL	8:30 - 9:00 PM LES MILLS <b>sprint</b> VIRTUAL	5:30 PM - 12:00 AM ONDEMAND
	9:00 PM - 12:00 AM ONDEMAND	9:30 PM - 12:00 AM ONDEMAND	9:00 PM - 12:00 AM ONDEMAND	9:30 PM - 12:00 AM ONDEMAND	9:00 PM - 12:00 AM ONDEMAND	