

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS sprint 4:00AM - 4:30AM</p> <p> LES MILLS RPM 7:00AM - 7:45AM</p> <p>ONDEMAND 8:00AM - 10:50AM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p>ONDEMAND 12:30PM - 1:00PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS sprint 2:00PM - 2:30PM</p> <p>ONDEMAND 2:30PM - 5:00PM</p> <p>ONDEMAND 7:00PM - 8:30PM</p> <p> LES MILLS sprint 8:30PM - 9:00PM</p> <p>ONDEMAND 9:00PM - 3:30AM</p>	<p> LES MILLS RPM 4:00AM - 4:50AM</p> <p>ONDEMAND 7:00AM - 8:00AM</p> <p>ONDEMAND 9:30AM - 1:00PM</p> <p> LES MILLS sprint 1:00PM - 1:30PM</p> <p> LES MILLS RPM 2:00PM - 2:50PM</p> <p>ONDEMAND 3:00PM - 4:00PM</p> <p>ONDEMAND 6:30PM - 8:30PM</p> <p> LES MILLS RPM 8:30PM - 9:20PM</p> <p>ONDEMAND 9:30PM - 3:30AM</p>	<p> LES MILLS sprint 4:00AM - 4:30AM</p> <p>ONDEMAND 6:30AM - 8:00AM</p> <p> LES MILLS RPM 8:30AM - 9:15AM</p> <p> LES MILLS RPM 9:30AM - 10:15AM</p> <p>ONDEMAND 10:20AM - 12:00PM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p>ONDEMAND 12:30PM - 1:00PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS sprint 2:00PM - 2:30PM</p> <p>ONDEMAND 2:30PM - 5:30PM</p> <p> LES MILLS RPM 7:00PM - 7:45PM</p> <p> LES MILLS RPM 7:45PM - 8:30PM</p> <p> LES MILLS sprint 8:30PM - 9:00PM</p> <p>ONDEMAND 9:00PM - 3:30AM</p>	<p> LES MILLS RPM 4:00AM - 4:50AM</p> <p>ONDEMAND 6:30AM - 8:00AM</p> <p> LES MILLS RPM 9:30AM - 12:00PM</p> <p> LES MILLS RPM 12:00PM - 12:50PM</p> <p> LES MILLS sprint 1:00PM - 1:30PM</p> <p> LES MILLS RPM 2:00PM - 2:50PM</p> <p> LES MILLS RPM 3:00PM - 3:50PM</p> <p>ONDEMAND 4:00PM - 5:30PM</p> <p> LES MILLS RPM 6:45PM - 7:30PM</p> <p>ONDEMAND 7:30PM - 8:30PM</p> <p> LES MILLS RPM 8:30PM - 9:20PM</p> <p>ONDEMAND 9:30PM - 3:30AM</p>	<p> LES MILLS sprint 4:00AM - 4:30AM</p> <p>ONDEMAND 4:30AM - 5:30AM</p> <p>ONDEMAND 7:00AM - 8:00AM</p> <p>ONDEMAND 9:30AM - 12:00PM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p>ONDEMAND 12:30PM - 1:00PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS RPM 2:00PM - 2:30PM</p> <p> LES MILLS sprint 2:00PM - 2:30PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p>ONDEMAND 2:00PM - 2:30PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p>ONDEMAND 3:30PM - 4:00PM</p> <p> LES MILLS RPM 4:00PM - 4:45PM</p> <p>ONDEMAND 7:00PM - 8:30PM</p> <p> LES MILLS sprint 8:30PM - 9:00PM</p> <p>ONDEMAND 9:00PM - 3:30AM</p>	<p> LES MILLS RPM 4:00AM - 4:50AM</p> <p>ONDEMAND 5:00AM - 7:30AM</p> <p> LES MILLS RPM 10:00AM - 10:45AM</p> <p> LES MILLS RPM 11:00AM - 11:50AM</p> <p>ONDEMAND 12:00PM - 1:00PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS sprint 2:00PM - 2:30PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p> LES MILLS RPM 3:30PM - 4:20PM</p> <p> LES MILLS sprint 4:30PM - 5:00PM</p> <p>ONDEMAND 5:30PM - 10:00PM</p> <p>ONDEMAND 10:00PM - 12:00AM</p>	<p>ONDEMAND 12:00AM - 7:30AM</p> <p>ONDEMAND 9:00AM - 1:00PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS sprint 2:00PM - 2:30PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p> LES MILLS RPM 3:30PM - 4:20PM</p> <p>ONDEMAND 6:00PM - 10:30PM</p> <p>ONDEMAND 10:30PM - 3:30AM</p>