

Les Mills launch event 2022

Class schedule

Sports Hall

Location	Class	Time
Sports Hall A	BodyPump	9:00am - 10:00am
Sports Hall B	BodyAttack	10:00am - 11:00am
Sports Hall A	BodyCombat	11:00am - 12:00pm

Studio

Location	Class	Time
Studio	Grit Strength	10:00am - 10:30am
Studio	Core	10:45am - 11:15am
Studio	BodyBalance	11:15am - 12:00pm

Spin Zone

Location	Class	Time
Spin Zone	Sprint	8:30am - 9:00am
Spin Zone	Sprint	10:00am - 10:30am
Spin Zone	Sprint	11:00am - 11:30am