


Studio One - Mixed Studio								Instructors
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Staff / Volunteers
08:30	GRIT ¹	RPM ²			GRIT ¹			1. Fatma
09:30							YOGA ⁷	2. Horizon
09:45	BODYBALANCE ¹	BODYBALANCE ¹		 ZUMBA ²	Fitness Talk ¹			3. Dr. Hakim
12:00	RPM ²	BODYPUMP ²	BODYPUMP ²	RPM ²	BODYBALANCE ¹			4. Andrea
16:30	CYCLING ⁶ <small>No class 29th</small>	BODYPUMP ²	Pump Fusion ³ <small>No class 10th</small>	CYCLING ^{6,2}	Kick Boxing ²			5. Sudha
18:00		YOGA ⁵ <small>No class 23rd, 30th</small>						6. Pei-Lian
								7. Laila

Sports Hall								Legend
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Gents Only
08:30			Circuit Training ¹	BODYPUMP ²				Mixed
12:00	Kick Boxing ²		BODYATTACK ²		GRIT ² <small>Circuit Training</small>			Ladies Only
16:30	Kick Boxing ² <small>Class on 29th only</small>							All Classes are 60 mins long
								Numbers are instructors

Studio S - Ladies Only Studio							
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:45			YOGA ⁵ <small>No class 24th, 31st</small>				
10:45					PILATES ⁴		
12:00		HIIT ¹		GRIT ¹			

Note: Bodycombat, GRIT, Body Balance, RPM and Body Pump are trademark of Les Mills

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