

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 6:15AM - 7:15AM</p> <p>ONDEMAND 7:45AM - 8:45AM</p> <p>ONDEMAND 9:00AM - 10:00AM</p> <p> LES MILLS BODYPUMP 10:45AM - 11:45AM</p> <p>ONDEMAND 1:00PM - 2:00PM</p> <p>ONDEMAND 2:15PM - 3:15PM</p> <p>ONDEMAND 4:00PM - 5:00PM</p>	<p> LES MILLS BODYFLOW 7:45AM - 8:45AM</p> <p>ONDEMAND 9:00AM - 10:00AM</p> <p> LES MILLS BODYPUMP 10:45AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>2:15PM - 3:15PM</p> <p>4:00PM - 5:00PM</p> <p> LES MILLS BODYCOMBAT 5:30PM - 6:15PM</p>	<p> LES MILLS BODYCOMBAT 7:45AM - 8:30AM</p> <p>ONDEMAND 9:00AM - 10:00AM</p> <p> LES MILLS BODYPUMP 10:45AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>2:15PM - 3:15PM</p> <p>4:00PM - 5:00PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM</p>	<p> LES MILLS BODYCOMBAT 6:15AM - 7:15AM</p> <p>ONDEMAND 7:45AM - 8:45AM</p> <p>9:00AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 10:45AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>2:15PM - 3:15PM</p> <p>4:00PM - 5:00PM</p> <p> LES MILLS SH'BAM 5:30PM - 6:15PM</p>	<p> LES MILLS BODYPUMP 6:15AM - 7:15AM</p> <p> LES MILLS SH'BAM 7:45AM - 8:30AM</p> <p>ONDEMAND 9:00AM - 10:00AM</p> <p> LES MILLS BODYPUMP 10:45AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>2:15PM - 3:15PM</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM</p> <p>ONDEMAND 10:30AM - 11:30AM</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM</p>	<p> LES MILLS BODYFLOW 9:15AM - 10:15AM</p> <p>ONDEMAND 11:15AM - 12:15PM</p>

ONDEMAND

On Demand

 **LES MILLS**
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

 **LES MILLS**
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

 **LES MILLS**
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

 **LES MILLS**
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

Bay Club Group Exercise Timetable