

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS RPM</b> 6:15AM - 7:05AM</p> <p> <b>LES MILLS sprint</b> 7:45AM - 8:15AM</p> <p><b>ONDEMAND</b> 9:00AM - 10:00AM</p> <p><b>ONDEMAND</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS RPM</b> 12:15PM - 1:05PM</p> <p> <b>LES MILLS THE TRIP</b> 2:15PM - 3:00PM</p> <p><b>ONDEMAND</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS sprint</b> 5:15PM - 5:45PM</p>	<p><b>ONDEMAND</b> 6:15AM - 7:15AM</p> <p> <b>LES MILLS RPM</b> 7:45AM - 8:35AM</p> <p> <b>LES MILLS THE TRIP</b> 9:15AM - 10:00AM</p> <p><b>ONDEMAND</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS sprint</b> 12:15PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 2:00PM</p> <p> <b>LES MILLS sprint</b> 2:15PM - 2:45PM</p> <p><b>ONDEMAND</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS RPM</b> 5:15PM - 6:05PM</p>	<p> <b>LES MILLS RPM</b> 6:15AM - 7:05AM</p> <p> <b>LES MILLS sprint</b> 7:45AM - 8:15AM</p> <p> <b>LES MILLS RPM</b> 8:15AM - 8:45AM</p> <p> <b>LES MILLS sprint</b> 9:15AM - 9:45AM</p> <p><b>ONDEMAND</b> 10:30AM - 11:30AM</p> <p><b>ONDEMAND</b> 1:00PM - 2:00PM</p> <p> <b>LES MILLS THE TRIP</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS THE TRIP</b> 5:15PM - 6:00PM</p>	<p> <b>LES MILLS sprint</b> 6:15AM - 6:45AM</p> <p><b>ONDEMAND</b> 7:45AM - 8:45AM</p> <p> <b>LES MILLS sprint</b> 9:15AM - 9:45AM</p> <p> <b>LES MILLS RPM</b> 9:45AM - 10:15AM</p> <p><b>ONDEMAND</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS sprint</b> 12:15PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 2:00PM</p> <p> <b>LES MILLS sprint</b> 2:15PM - 2:45PM</p> <p><b>ONDEMAND</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS RPM</b> 5:15PM - 6:05PM</p>	<p><b>ONDEMAND</b> 6:15AM - 7:15AM</p> <p> <b>LES MILLS THE TRIP</b> 7:45AM - 8:30AM</p> <p> <b>LES MILLS sprint</b> 9:15AM - 9:45AM</p> <p><b>ONDEMAND</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS RPM</b> 12:15PM - 1:05PM</p> <p> <b>LES MILLS RPM</b> 2:15PM - 3:05PM</p> <p><b>ONDEMAND</b> 3:30PM - 4:30PM</p>	<p>8:15AM - 9:15AM</p> <p> <b>LES MILLS RPM</b> 9:45AM - 10:35AM</p> <p> <b>LES MILLS THE TRIP</b> 11:15AM - 12:00PM</p> <p> <b>LES MILLS sprint</b> 12:45PM - 1:15PM</p>	<p> <b>LES MILLS RPM</b> 9:00AM - 9:50AM</p> <p><b>ONDEMAND</b> 11:00AM - 12:00PM</p> <p> <b>LES MILLS RPM</b> 12:30PM - 1:00PM</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