

Les Mills Classes

Dance Studio

Free for staff and students

	7.45-8.30am	12.30 -1.30pm	5.30-6.15pm
Monday	GRIT CARDIO (BEGINNER)	BODY COMBAT (ALL LEVELS)	BODY BALANCE (STAFF ONLY)
Tuesday	BODY ATTACK (ALL LEVELS)	INDOOR CYCLE (ALL LEVELS)	BODY BALANCE (ALL LEVELS)
Wednesday	INDOOR CYCLE (STAFF ONLY)		GRIT CARDIO (ALL LEVELS)
Thursday	GRIT CORE (ALL LEVELS)	BODY ATTACK (STAFF ONLY)	
Friday	BODY PUMP (ALL LEVELS)	GRIT STRENGTH (ALL LEVELS)	

