

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

**ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND**

<p>5:00AM - 6:25AM <b>LES MILLS BODYBALANCE</b></p> <p>6:30AM - 7:30AM <b>LES MILLS BODYATTACK</b></p> <p>7:40AM - 8:40AM <b>LES MILLS CORE</b></p> <p>8:50AM - 9:20AM <b>LES MILLS SH'BAM</b></p> <p>9:30AM - 10:15AM <b>LES MILLS barre</b></p> <p>10:25AM - 10:55AM <b>LES MILLS BODYPUMP</b></p> <p>11:00AM - 11:30AM <b>ONDEMAND</b></p> <p>11:35AM - 2:55PM <b>LES MILLS BODYBALANCE</b></p> <p>3:00PM - 4:00PM <b>LES MILLS GRIT   STRENGTH</b></p> <p>4:05PM - 4:35PM <b>LES MILLS BODYBALANCE</b></p> <p>5:25PM - 5:45PM <b>LES MILLS CORE</b></p> <p>6:35PM - 6:50PM <b>LES MILLS SH'BAM</b></p> <p>6:55PM - 7:40PM <b>LES MILLS BODYCOMBAT</b></p> <p>7:45PM - 8:45PM <b>ONDEMAND</b></p> <p>9:15PM - 11:30PM <b>ONDEMAND</b></p>	<p>5:00AM - 6:10AM <b>LES MILLS GRIT   STRENGTH</b></p> <p>6:15AM - 6:45AM <b>LES MILLS BODYBALANCE</b></p> <p>6:55AM - 7:25AM <b>LES MILLS SH'BAM</b></p> <p>7:35AM - 8:20AM <b>LES MILLS BODYPUMP</b></p> <p>8:30AM - 9:00AM <b>LES MILLS CORE</b></p> <p>9:05AM - 9:35AM <b>LES MILLS BODYATTACK</b></p> <p>9:45AM - 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