Western Village Health Club Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LesMills RPM 4:30AM - 5:20AM Studio 1	LesMills RPM 4:30AM - 5:20AM Studio 1	LesMills sprint 4:30AM - 5:00AM Studio 1	LesMills RPM 4:30AM - 5:20AM Studio 1	LesMills sprint 4:30AM - 5:00AM Studio 1	LesMills RPM 8:00AM - 8:50AM Studio 1	
LesMills sprint 5:30AM - 6:00AM Studio 1	LesMills RPM 5:30AM - 6:20AM Studio 1	LesMills sprint 5:30AM - 6:00AM Studio 1	LesMills RPM 5:30AM - 6:20AM Studio 1	LesMills sprint 5:30AM - 6:00AM Studio 1	LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	
LesMills RPM 8:00AM - 8:50AM Studio 1	LesMills BODYPUMP 8:00AM - 9:00AM Studio 1	LesMills RPM 8:00AM - 8:50AM Studio 1	LesMills BODYPUMP 8:00AM - 9:00AM Studio 1	LesMills RPM 8:00AM - 8:50AM Studio 1	LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1	
LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	LesMills BODYPUMP 9:15AM - 10:15AM Studio 1	LesMills DANCE 12:00PM - 12:30PM Studio 1	
LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1	LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1	LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1	LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1	LesMills BODYBALANCE 10:30AM - 11:30AM Studio 1		
LesMills BODYPUMP 3:00PM - 4:00PM Studio 1	LesMills BODYPUMP 3:00PM - 4:00PM Studio 1	LesMills BODYCOMBAT 3:00PM - 3:45PM Studio 1	LesMills BODYPUMP 3:00PM - 4:00PM Studio 1	LesMills BODYPUMP 3:00PM - 4:00PM Studio 1		
LesMills RPM 4:05PM - 4:55PM Studio 1	LesMills sprint 4:05PM - 4:35PM Studio 1	LesMills RPM 4:05PM - 4:55PM Studio 1	LesMills sprint 4:05PM - 4:35PM Studio 1	LesMills RPM 4:05PM - 4:55PM Studio 1		
LesMills BODYPUMP 5:00PM - 6:00PM Studio 1	LesMills BODYPUMP 5:00PM - 6:00PM Studio 1	LesMills BODYPUMP 5:00PM - 6:00PM Studio 1	LesMills BODYPUMP 5:00PM - 6:00PM Studio 1	LesMills BODYPUMP 5:00PM - 6:00PM Studio 1		
LesMills RPM 6:15PM - 6:45PM Studio 1	LesMills RPM 6:15PM - 7:05PM Studio 1	LesMills BODYPUMP 6:15PM - 6:45PM Studio 1	LesMills RPM 6:15PM - 7:05PM Studio 1	LesMills BODYPUMP 6:15PM - 7:15PM Studio 1		
LesMills BODYPUMP 7:00PM - 8:00PM Studio 1	LesMills DANCE 7:15PM - 8:00PM Studio 1	LesMills BODYPUMP 7:00PM - 8:00PM Studio 1	LesMills DANCE 7:15PM - 8:00PM Studio 1			

LesMills BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LesMills BODYCOMBAT

Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LesMills BODYPUMP

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

LesMills BODYPUMP

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

LesMills DANCE

A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.

LesMills DANCE

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

LesMills RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LesMills RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LesMills sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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