|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **6.00am** | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg* Radha | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg*Megan | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg*Kelly | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg*Bec | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg*Liza |  |  |
| **9.30am** | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg*Lyn | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg*Lyn | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg*Lyn | **X-TRAINER**Zorica | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg*Lauren | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg9.30amLainie | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg9.30amMichelle |
|  |  | SENIORS**\***GROUP FITNESS11.00amMarlene | SENIORS**\***CIRCUIT CLASS9.30amMatt | SENIORS**\***GROUP FITNESS11.00amMarlene |  | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg*10.30am*Lorelle |  |
|  |  | FIT-BALL CLASS\*1.00pmMarlene |  |  |  |  | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg*3.15pm*Bec |
|  |  |  |  |  |  |  | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg*4.15pm*Kelly |
| **5.30pm** | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpgLainie | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpgFiona | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpgBec | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpgGerard |  |  |  |
| **6.30pm** | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpgLinda | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpgSherna | **BOX A CISE**Zorica | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpgLinda |  |  |

**Vikings 24/7 Fitness Class Timetable**

**\***Indicates extra fee for Seniors Classes &

Fit-ball Classes: $7 per Class or 10 visits for $65.

Half Price for gym members.