|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)*  Radha | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BS_l.jpg)*  Megan | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)*  Kelly | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BA_l.jpg)*  Bec | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BS_l.jpg)*  Liza |  |  |
| **9.30am** | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BB_l.jpg)*  Lyn | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)*  Lyn | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BB_l.jpg)*  Lyn | **X-TRAINER**  Zorica | *[http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)*  Lauren | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BA_l.jpg)  9.30am  Lainie | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BB_l.jpg)9.30am  Michelle |
|  |  | SENIORS**\***  GROUP FITNESS  11.00am  Marlene | SENIORS**\***  CIRCUIT CLASS  9.30am  Matt | SENIORS**\***  GROUP FITNESS  11.00am  Marlene |  | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BB_l.jpg)*10.30am*  Lorelle |  |
|  |  | FIT-BALL CLASS\*  1.00pm  Marlene |  |  |  |  | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BS_l.jpg)*3.15pm*  Bec |
|  |  |  |  |  |  |  | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)*4.15pm*  Kelly |
| **5.30pm** | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BS_l.jpg)  Lainie | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)  Fiona | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BS_l.jpg)  Bec | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BA_l.jpg)  Gerard |  |  |  |
| **6.30pm** | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/ATTACK%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BA_l.jpg)  Linda | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/JPEG/BB_l.jpg)  Sherna | **BOX A CISE**  Zorica | [http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpg](http://www.lesmills.com/resourceimages/files/Marketing/StyleGuideLogos/logos%202010/Program%20Button%20Logos/eclub/BP_l.jpg)  Linda |  |  | |

**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.