|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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* Elle | *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*Linda | *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.jpg9.30amAndrew |
|  |  | SENIORS**\***GROUP FITNESS11.00am*Marlene* | SENIORS**\***CIRCUIT CLASS10.00amMatt | SENIORS**\***GROUP FITNESS11.00amMarlene |  | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpg*10.30am*Lyn | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpgTechnique10.30-11amAndrew |
|  |  | FIT-BALL CLASS\*1.00pm*Marlene* |  |  | **BOX A CISE**12.30pm Zorica |  | 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*Linda |
| **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.jpgLinda |  | *http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/STEP%20BUTTON_s.jpg**5pm*Megan | **BOX A CISE***5.15pm*Fiona |
| **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.jpgAndrew | **BOX A CISE**Zorica | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpgLauren |  |  |
| **7.30pm** | **BOX-CIRCUIT**Linda |  | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/PUMP%20BUTTON_s.jpgHans | http://www.lesmills.com/resourceimages/Files/Marketing/StyleGuideLogos/Brand%20Files-2007/ProgramLogos/BALANCE%20BUTTON_s.jpgSherna |  |

**Vikings 24/7 Fitness Class Timetable**