

Health Club For Her - Class Timetable

Monday

| | | |
|-----------------|------------------------------------|---|
| 06:40 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 07:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 08:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 09:30 45 MIN | Circuit Training | |
| 09:30 45 MIN | Spinning | |
| 10:30 45 MIN | Bollywood Blast | |
| 11:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 12:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 13:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 14:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 15:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 16:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 17:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 17:30 45 MIN | HulaFit | |
| 18:30 45 MIN | Kettlebell | |
| 18:30 45 MIN | Spinning | |
| 19:15 30 MIN | FabAbs | |
| 19:15 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 19:45 45 MIN | Tabata Burn | |
| 20:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |

Tuesday

| | | |
|-----------------|------------------------------------|---|
| 06:40 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 07:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 08:30 30 MIN | Les Mills RPM™ Virtual | ⊖ |
| 09:30 45 MIN | Tabata Burn | |
| 10:15 45 MIN | Tone & Tighten | |
| 10:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 11:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 12:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 13:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 14:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 15:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 16:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 17:30 45 MIN | Zumba | |
| 17:20 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 18:15 45 MIN | Arms & Abs | |
| 19:00 45 MIN | Spinning | |
| 19:00 45 MIN | Booty Blast | |
| 19:45 45 MIN | Bollywood Blast | |
| 20:15 45 MIN | Les Mills RPM™ Virtual | ⊖ |

Wednesday

| | | |
|-----------------|------------------------------------|---|
| 06:40 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 07:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 08:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 09:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 09:30 60 MIN | Step Aerobics | |
| 10:30 45 MIN | HC Gainz | |
| 10:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 11:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 12:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 13:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 14:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 15:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 16:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 17:30 45 MIN | Legs, Bums & Tums | |
| 17:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 18:30 45 MIN | Zumba | |
| 18:45 45 MIN | Spinning | |
| 19:30 45 MIN | Shape & Tone | |
| 19:45 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 20:15 45 MIN | Boxercise | |
| 20:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |

Thursday

| | | |
|-----------------|------------------------------------|---|
| 06:40 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 07:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 08:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 09:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 09:30 60 MIN | Legs, Bums & Tums | |
| 10:30 45 MIN | HulaFit | |
| 11:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 12:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 13:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 14:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 15:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 16:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 17:00 60 MIN | Yoga | |
| 17:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 18:00 30 MIN | FabAbs | |
| 18:15 30 MIN | Les Mills RPM™ Virtual | ⊖ |
| 18:30 60 MIN | Step Aerobics | |
| 19:00 30 MIN | Spinning | |
| 19:30 45 MIN | HC Activate | |
| 20:15 45 MIN | Les Mills The Trip™ Virtual | ⊖ |

Friday

| | | |
|-----------------|------------------------------------|---|
| 06:40 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 07:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 08:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 09:30 45 MIN | Boxercise | |
| 10:15 45 MIN | HC Challenge | |
| 11:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 12:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 13:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 14:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 15:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 16:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 17:00 60 MIN | Yoga | |
| 17:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 18:00 45 MIN | Boxercise | |
| 18:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 18:45 45 MIN | HC Gainz | |
| 19:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 20:30 45 MIN | Les Mills RPM™ Virtual | ⊖ |

Saturday

| | | |
|-----------------|------------------------------------|---|
| 08:15 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 09:30 45 MIN | Spinning | |
| 10:15 60 MIN | Hatha Yoga | |
| 11:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 12:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 13:15 30 MIN | Les Mills RPM™ Virtual | ⊖ |
| 14:00 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 15:00 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 16:00 30 MIN | Les Mills Sprint™ Virtual | ⊖ |

Sunday

| | | |
|-----------------|------------------------------------|---|
| 08:15 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 09:30 45 MIN | Tabata Burn | |
| 10:15 60 MIN | Tone & Tighten | |
| 10:30 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 11:30 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 12:00 45 MIN | Les Mills RPM™ Virtual | ⊖ |
| 13:00 30 MIN | Les Mills RPM™ Virtual | ⊖ |
| 13:45 45 MIN | Les Mills The Trip™ Virtual | ⊖ |
| 14:45 30 MIN | Les Mills Sprint™ Virtual | ⊖ |
| 15:45 45 MIN | Les Mills The Trip™ Virtual | ⊖ |



 FitSense