



LES MILLS

RPM®

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45 AM		LES MILLS RPM Shenae		LES MILLS RPM Shenae			
8.15 AM						LES MILLS RPM Shenae/Andrew	
9.15 AM			LES MILLS RPM Jackie 30mins				
9.30 AM	LES MILLS RPM ▶	LES MILLS RPM ▶ Beginners 30		LES MILLS RPM ▶			
10.00 AM							LES MILLS RPM ▶
5.00 PM		LES MILLS RPM ▶		LES MILLS RPM ▶ 30 mins			
5.15 PM	LES MILLS RPM ▶ 30 mins		LES MILLS RPM ▶ 30 mins				
6.00 PM	LES MILLS RPM Andrew	LES MILLS RPM ▶ 30 mins	LES MILLS RPM Andrew	LES MILLS RPM ▶	LES MILLS RPM ▶		

THINGS YOU NEED TO KNOW

- All RPM classes are 45 mins unless otherwise specified
- RPM Instructors are subject to change without notice
- Please arrive at least 5 mins early to set up equipment and discuss any injuries with your instructor (especially if you are new to group fitness).
- Virtual classes will start automatically at the scheduled time
- Wear comfortable clothing, enclosed footwear and bring a towel and water bottle.



Classes with the ▶ symbol are Les Mills Virtual classes taught on the big screen using Fitness on Demand. Virtual classes will start automatically at the scheduled time. Feel free to join in if a virtual class has already started. Please be sure to wipe down your bike and turn off all lights, fans and air conditioner at the end of your class.