








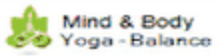






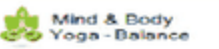


| Time    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|---------|---|---|---|---|--|---|---|
| 5.45am  |   |   |    |   |  |   |   |
| 6.00am  |   |                                |   |                               |  |   |   |
| 8.30am  |   |   |   |   |   | <b>LES MILLS BODYPUMP</b>                                   |   |
| 8.45am  |    |   |   |   |  |   |   |
| 9.00am  |    |   |    |   |  |   |   |
| 9.00am  |   | <b>LES MILLS BODYCOMBAT</b>   | <b>LES MILLS BODYPUMP</b>   | <b>LES MILLS BODYATTACK</b>  |  |   | <b>LES MILLS BODYCOMBAT</b>   |
| 9.20am  | <b>LES MILLS BODYPUMP</b>   |   |   |   | <b>LES MILLS BODYPUMP</b>  |   |   |
| 9.40am  |   |   |   |   |  | <b>LES MILLS BODYATTACK</b>                                 |   |
| 10.00am |   |   |   | <b>LES MILLS BODYBALANCE</b>  |  |   |   |
| 10.15am |   |                                |   |   |  |   | <b>LES MILLS BODYBALANCE</b>  |
| 10.30am |   |   |   |   |  |   |   |
| 5.30pm  |   | <b>LES MILLS BODYATTACK</b>  |   |   |  |   |  |
| 5.45pm  |  |   | <b>LES MILLS BODYCOMBAT</b>   | <b>LES MILLS BODYPUMP</b>   |  | Timetable Subject to Change                                 |   |
| 6.05pm  |   | <b>LES MILLS BODYPUMP</b>    |   |   |  | PAY AS YOU GO classes are not included in Club Memberships. |   |
| 6.45pm  |   |   |  |   |  |   |   |