

JULY - AUG 2022

MONDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> LESMILLS BODYCOMBAT 07:15 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 ISABELLE 30 MINUTES	13 <sup>th</sup> DYNAMIC PILATES 08:30 MONA 50 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:00 ISABEL 50 MINUTES	MAINTENANCE DAY
16 <sup>th</sup> LESMILLS CORE 08:30 DLIA 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 ISABELLE 45 MINUTES	13 <sup>th</sup> GENTLE YOGA 09:25 MONA 45 MINUTES	16 <sup>th</sup> AQUA ZUMBA 10:00 ISABEL 50 MINUTES	OCTAGYM
13 <sup>th</sup> LESMILLS ZUMBA 09:30 LORA 50 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 VIRTUAL 50 MINUTES		13 <sup>th</sup> LESMILLS BODYBALANCE 11:40 CATE 55 MINUTES	16 <sup>th</sup> LESMILLS ZUMBA 17:00 MEDINA 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> LESMILLS CORE 10:30 LESLEY 30 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP CLASS STARTS AUG 22 10:15 ASMA 45 MINUTES		13 <sup>th</sup> GENTLE YOGA 17:00 MARCELLENE 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 18:00 NICOLE 50 MINUTES	16 <sup>th</sup> TRX 17:45 LAMA 60 MINUTES
16 <sup>th</sup> LESMILLS BODYPUMP 11:15 LESLEY 60 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES		13 <sup>th</sup> BODY BALLET 18:10 ANGE 60 MINUTES		OUTDOORS
16 <sup>th</sup> GRIT ATHLETIC 15:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 13:15 VIRTUAL 50 MINUTES			MAINTENANCE DAY	NO CLASSES
13 <sup>th</sup> LESMILLS barre 15:45 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 15:40 VIRTUAL 30 MINUTES				TENNIS
16 <sup>th</sup> LESMILLS CORE 17:00 LAMA 45 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
13 <sup>th</sup> LESMILLS BODYATTACK 18:00 OLGA 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 19:15 VIRTUAL 50 MINUTES				COURT 1 & 2
16 <sup>th</sup> BELLY FITNESS 19:15 ANGE 50 MINUTES					
13 <sup>th</sup> LESMILLS BODYBALANCE 20:30 VIRTUAL 55 MINUTES					

JULY - AUG 2022

TUESDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> LESMILLS BODYATTACK 08:30 LESLEY 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> CYCLE Freestyle 08:00 ISABELLE 60 MINUTES	13 <sup>th</sup> LESMILLS BODYBALANCE 08:30 LAMA 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:00 DONNA 50 MINUTES	16 <sup>th</sup> WOD 08:30 HANNA 45 MINUTES CLASS STARTS AUG 2
16 <sup>th</sup> LESMILLS CORE 09:35 LESLEY 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:00 VIRTUAL 50 MINUTES	13 <sup>th</sup> CYCLE Freestyle 17:00 PATRICIA 50 MINUTES	13 <sup>th</sup> PILATES 10:00 MARIANA 50 MINUTES	16 <sup>th</sup> AQUA AEROBICS 10:30 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
16 <sup>th</sup> BELLY FITNESS 11:40 ANGE 50 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES		16 <sup>th</sup> LESMILLS CORE 11:05 MARIANA 45 MINUTES	16 <sup>th</sup> AQUA AEROBICS 17:00 MEDINA 50 MINUTES	16 <sup>th</sup> WOD 18:00 OLGA 45 MINUTES
16 <sup>th</sup> CORE 15:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		13 <sup>th</sup> BODY BALLET 12:40 ANGE 60 MINUTES		WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
13 <sup>th</sup> LESMILLS BODYCOMBAT 17:00 ANCA 50 MINUTES	13 <sup>th</sup> LESMILLS RPM 15:40 VIRTUAL 30 MINUTES		13 <sup>th</sup> FLOW YOGA CLASS STARTS AUG 2 17:30 AISHA 50 MINUTES	FAMILY POOL	OUTDOORS
16 <sup>th</sup> LESMILLS BODYPUMP 18:10 PATRICIA 45 MINUTES	13 <sup>th</sup> LESMILLS RPM 17:00 VIRTUAL 50 MINUTES		13 <sup>th</sup> YIN YOGA CLASS STARTS AUG 2 18:30 AISHA 60 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> TONE SCULPT 19:15 PATRICIA 45 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				13 <sup>th</sup> Anya Goto 18:00 *REGISTRATION IS ESSENTIAL INSTAGRAM: ANYGOTOBURNING
16 <sup>th</sup> CORE 20:15 Virtual 30 MINUTES					TENNIS
					TICKETS @ BEACH AND POOL RECEPTION
					FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
					COURT 1 & 2

JULY - AUG 2022

WEDNESDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> LESMILLS CORE 07:30 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	NO CLASSES	13 <sup>th</sup> DYNAMIC PILATES 08:30 MONA 50 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:30 MEDINA 50 MINUTES	NO CLASSES
16 <sup>th</sup> LESMILLS BODYPUMP 08:30 OLGA 50 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:30 VIRTUAL 30 MINUTES		13 <sup>th</sup> GENTLE YOGA 09:30 MONA 45 MINUTES	16 <sup>th</sup> floatfit® 17:15 LESLEY 30 MINUTES	OCTAGYM
13 <sup>th</sup> BELLY FITNESS 09:40 ANGE 50 MINUTES	13 <sup>th</sup> LESMILLS RPM 09:35 DLIA 45 MINUTES		13 <sup>th</sup> BODY BALLET 10:45 ANGE 60 MINUTES	16 <sup>th</sup> floatfit® 18:00 LESLEY 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> BODY CONDITIONING 10:45 ELLY 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES		13 <sup>th</sup> LESMILLS BODYBALANCE 11:45 CATE 55 MINUTES	16 <sup>th</sup> AQUA AEROBICS 18:00 LESLEY 50 MINUTES	16 <sup>th</sup> WOD 08:30 HANNA 45 MINUTES CLASS STARTS AUG 3
13 <sup>th</sup> LESMILLS ZUMBA 11:50 ISABEL 50 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 13:15 VIRTUAL 45 MINUTES		13 <sup>th</sup> SWING YOGA 12:55 ISABEL 60 MINUTES		OUTDOORS
13 <sup>th</sup> LESMILLS BODYBALANCE 15:10 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES		13 <sup>th</sup> GENTLE YOGA 17:00 MARCELLENE 60 MINUTES		TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> STRONG 16:30 MEDINA 50 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES		13 <sup>th</sup> FLOW YOGA 18:10 MARCELLENE 50 MINUTES		NO CLASSES
16 <sup>th</sup> LESMILLS BODYPUMP 17:30 DABOTA 60 MINUTES					TENNIS
					FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
					COURT 1 & 2

JULY - AUG 2022

THURSDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
16 <sup>th</sup> LESMILLS CORE 08:30 DLIA 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 ISABELLE 30 MINUTES	13 <sup>th</sup> PILATES 08:30 MARIANA 50 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:30 LESLEY 50 MINUTES	NO CLASSES
16 <sup>th</sup> LESMILLS BODYPUMP 09:30 OLGA 50 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 ISABELLE 45 MINUTES	13 <sup>th</sup> PILATES 09:30 MARIANA 50 MINUTES	16 <sup>th</sup> YOGA FLOAT 17:15 DEBBIE 30 MINUTES	OCTAGYM
13 <sup>th</sup> ZUMBA 10:45 LORA 50 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 VIRTUAL 50 MINUTES	13 <sup>th</sup> CYCLE Freestyle 18:00 PATRICIA 50 MINUTES	13 <sup>th</sup> BODY BALLET 13:00 ANGE 50 MINUTES	16 <sup>th</sup> floatfit® AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP	TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> BELLY FITNESS 12:00 ANGE 50 MINUTES	13 <sup>th</sup> LESMILLS Sprint 09:35 VIRTUAL 30 MINUTES		13 <sup>th</sup> SWING YOGA 18:30 DEBBIE 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 18:00 NICOLE 50 MINUTES	16 <sup>th</sup> WOD 08:30 HANNA 45 MINUTES CLASS STARTS AUG 4
13 <sup>th</sup> LESMILLS BODYATTACK 15:10 VIRTUAL 45 MINUTES	13 <sup>th</sup> LESMILLS RPM 11:00 VIRTUAL 50 MINUTES				WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
16 <sup>th</sup> LESMILLS BODYCOMBAT 16:30 OLGA 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 13:15 VIRTUAL 50 MINUTES				16 <sup>th</sup> TRX 09:40 LAMA 60 MINUTES
13 <sup>th</sup> ZUMBA 17:45 MEDINA 60 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 15:40 VIRTUAL 45 MINUTES				16 <sup>th</sup> WOD 18:00 OLGA 45 MINUTES
16 <sup>th</sup> TONE SCULPT 19:00 PATRICIA 45 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
	13 <sup>th</sup> LESMILLS RPM 18:00 VIRTUAL 50 MINUTES				OUTDOORS
	13 <sup>th</sup> LESMILLS THE TRIP 19:30 VIRTUAL 30 MINUTES				TICKETS @ BEACH AND POOL RECEPTION
					NO CLASSES
					TENNIS
					FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
					COURT 1 & 2

JULY - AUG 2022

FRIDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> LESMILLS BODYCOMBAT 08:30 OLGA 60 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> CYCLE Freestyle 08:00 ISABELLE 60 MINUTES	13 <sup>th</sup> LESMILLS BODYBALANCE 08:30 DLIA 55 MINUTES	16 <sup>th</sup> AQUA AEROBICS 08:30 NICOLE 50 MINUTES	NO CLASSES
13 <sup>th</sup> STEP AND TONE 09:40 MEDINA 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:00 VIRTUAL 50 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 ISABELLE 45 MINUTES	13 <sup>th</sup> PILATES 09:40 DLIA 50 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:30 MEDINA 50 MINUTES	OCTAGYM
16 <sup>th</sup> LESMILLS BODYPUMP CORE 11:00 LESLEY 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 09:40 ASMA 45 MINUTES		13 <sup>th</sup> BODY BALLET 17:00 ANGE 50 MINUTES		TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> ZUMBA 12:15 MEDINA 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES		13 <sup>th</sup> SWING YOGA 18:30 DEBBIE 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 18:00 NICOLE 50 MINUTES	16 <sup>th</sup> WOD 08:30 HANNA 45 MINUTES CLASS STARTS AUG 5
13 <sup>th</sup> LESMILLS SHYBAM 15:00 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 13:15 VIRTUAL 50 MINUTES				WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
13 <sup>th</sup> BELLY FITNESS 16:00 ANGE 50 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 15:30 VIRTUAL 45 MINUTES				16 <sup>th</sup> TRX 09:40 LAMA 60 MINUTES
13 <sup>th</sup> LESMILLS SHYBAM 17:40 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				16 <sup>th</sup> WOD 18:00 OLGA 45 MINUTES
13 <sup>th</sup> LESMILLS BODYBALANCE 20:00 VIRTUAL 45 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
					OUTDOORS
					TICKETS @ BEACH AND POOL RECEPTION
					NO CLASSES
					TENNIS
					FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
					COURT 1 & 2

JULY - AUG 2022

SATURDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> LESMILLS BODYCOMBAT 08:30 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 07:30 VIRTUAL 50 MINUTES		13 <sup>th</sup> YIN YOGA 10:00 AISHA 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:00 MEDINA 50 MINUTES	NO CLASSES
16 <sup>th</sup> LESMILLS BODYPUMP 09:30 PATRICIA 45 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:30 VIRTUAL 30 MINUTES		13 <sup>th</sup> BODY BALLET 17:00 ANGE 60 MINUTES		OCTAGYM
16 <sup>th</sup> H.I.I.T 10:40 PATRICIA 45 MINUTES	13 <sup>th</sup> LESMILLS RPM 09:20 VIRTUAL 50 MINUTES				TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> BELLY FITNESS 16:00 ANGE 60 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES				NO CLASSES
13 <sup>th</sup> LESMILLS BODYBALANCE 17:00 VIRTUAL 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 13:15 VIRTUAL 50 MINUTES				TENNIS
16 <sup>th</sup> GRIT ATHLETIC 19:00 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 15:15 VIRTUAL 45 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
	13 <sup>th</sup> LESMILLS RPM 17:00 VIRTUAL 50 MINUTES				COURT 1 & 2
	13 <sup>th</sup> LESMILLS THE TRIP 19:30 VIRTUAL 45 MINUTES				

JULY - AUG 2022

SUNDAY

STUDIO ACTIVE	STUDIO PEDAL	STUDIO TWO	STUDIO MIND & BODY	MEMBERS POOL	FAMILY POOL
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> LESMILLS BODYBALANCE 08:45 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS Sprint 07:10 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 ISABELLE 30 MINUTES	13 <sup>th</sup> HATHA YOGA 09:30 JANET 60 MINUTES	16 <sup>th</sup> AQUA AEROBICS 09:00 MEDINA 50 MINUTES	NO CLASSES
16 <sup>th</sup> LESMILLS BODYPUMP 09:40 OLGA 60 MINUTES	13 <sup>th</sup> LESMILLS Sprint 08:00 VIRTUAL 30 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 ISABELLE 45 MINUTES		16 <sup>th</sup> AQUA ZUMBA 10:00 MEDINA 50 MINUTES	OCTAGYM
13 <sup>th</sup> LESMILLS BODYATTACK 11:00 OLGA 45 MINUTES	13 <sup>th</sup> LESMILLS RPM 08:50 VIRTUAL 50 MINUTES				TICKETS @ BEACH AND POOL RECEPTION
13 <sup>th</sup> ZUMBA 11:50 MEDINA 50 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 09:40 VIRTUAL 45 MINUTES				NO CLASSES
13 <sup>th</sup> STEP AND TONE 12:50 MEDINA 50 MINUTES	13 <sup>th</sup> LESMILLS Sprint 11:00 VIRTUAL 30 MINUTES				TENNIS
16 <sup>th</sup> LESMILLS BODYCOMBAT 16:10 DEEDA 60 MINUTES	13 <sup>th</sup> LESMILLS RPM 13:15 VIRTUAL 50 MINUTES				FOR BOOKINGS AND INQUIRY PLEASE CALL: JESSICA PALMA 052 249 7753
16 <sup>th</sup> LESMILLS BODYPUMP 17:30 DEEDA 60 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 15:15 VIRTUAL 45 MINUTES				COURT 1 & 2
13 <sup>th</sup> BOLLY 19:00 SARA 60 MINUTES	13 <sup>th</sup> LESMILLS THE TRIP 17:00 VIRTUAL 45 MINUTES				
	13 <sup>th</sup> LESMILLS RPM 19:30 VIRTUAL 50 MINUTES				