	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STURDAY	SUNDAY
0:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
1:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
2:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
3:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
4:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
5:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
6:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
7:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
8:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
9:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
10:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
11:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
12:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
13:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
14:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
15:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
16:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
17:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
18:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
19:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
20:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint
21:00~	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP
22:00~	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM
23:00~	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint	LesMills THE TRIP	LesMills RPM	LesMills sprint