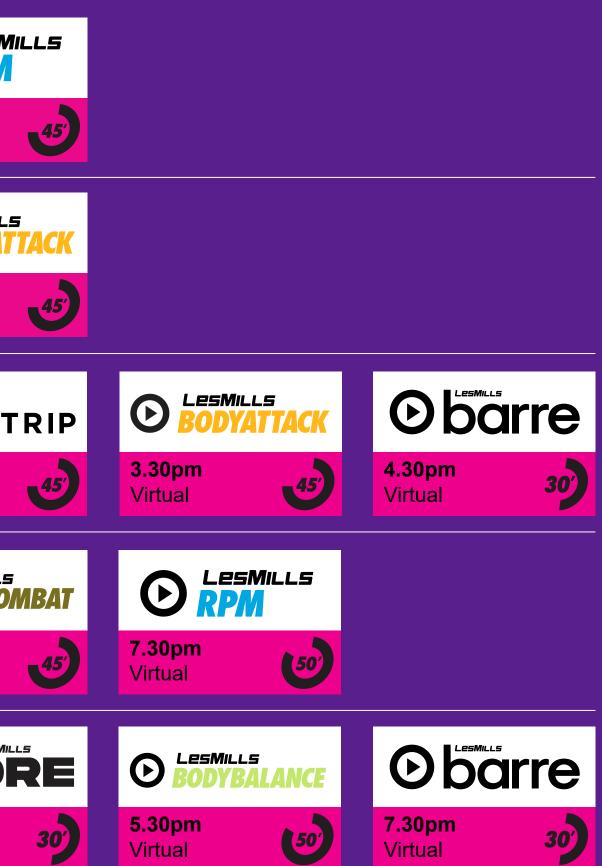
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VIRTUAL INSTRUCTOR CLASSES 1 NOVEMBER TO 10 DECEMBER

MONDAY	D LESMILLS BODYBALANCE 8.45am Virtual	Deberre 10am Virtual	D LESMILLS BODYATTACK 11am Virtual	E Control Cont
TUESDAY	ElesMills BODYCOMBAT 7.45am Virtual	Obcre 8.45am Virtual	COCORE 4.30pm Virtual	EsMills BODYAT 7.30pm Virtual
WEDNESDAY	East Constraints and a series of the series	Decore 9am Virtual	D LESMILLS SH'BAM 10am Virtual	E E E E E E E E E E
THURSDAY	Esmills Sprint 8.45am Virtual	b LESMILLS BODYCOMBAT 9.45am Virtual	D LESMILLS BODYATTACK 10.45am Virtual	D BODYCON 2.15pm Virtual
FRIDAY	D LESMILLS TRIP 7.30am Virtual	Expression 8.30am Virtual	D LESMILLS BODYBALANCE 10am Virtual	Deco 3.30pm Virtual
SATURDAY	LESMILLS Sporint 12.30pm Virtual	Cobcerte 2pm Virtual		
SUNDAY	D LESMILLS THE TRIP 12pm Virtual	Ended Example Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Constant Con	Cocore 2pm Virtual	D LESMILLS BODYBAL 3.45pm Virtual





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