











































## GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>LES MILLS BODYPUMP</b> 	<b>FCT</b> 	<b>YOGA</b> 	<b>FCT</b> 			
7:30am	<b>ACTIVE SENIORS</b> 		<b>ACTIVE SENIORS</b> 	<b>LES MILLS BODYBALANCE</b> 	<b>ACTIVE SENIORS</b> 		
8:30am						<b>LES MILLS BODYPUMP</b> 	<b>HIIT CARDIO</b> 
9:00am	<b>LES MILLS BODYPUMP</b> 	<b>LES MILLS CORE</b> 	<b>HIIT CIRCUIT</b> 	<b>LES MILLS BODYPUMP</b> 	<b>LES MILLS CORE</b> 		<b>PILATES</b> 
9:30am		<b>LES MILLS BODYPUMP</b> 			<b>LES MILLS BODYPUMP</b> 	<b>YOGA</b> 	
9:45am			<b>BARRE</b> 				
5:00pm			<b>LES MILLS BODYPUMP</b> 				
5:30pm	<b>FCBOX</b> 	<b>HIIT CARDIO</b> 	<b>BOOTY</b> 	<b>BARRE</b> 	<b>LES MILLS BODYPUMP</b> 		
6:00pm		<b>ZUMBA</b> 					
6:15pm	<b>LES MILLS BODYPUMP</b> 		<b>PILATES</b> 				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am		<b>LES MILLS sprint</b> 	<b>LES MILLS RPM</b> 				
6:00am					<b>LES MILLS sprint</b> 		
7:30am						<b>LES MILLS RPM</b> 	<b>LES MILLS sprint</b> 
8:30am	<b>LES MILLS sprint</b> 		<b>LES MILLS sprint</b> 				
3:00pm							<b>LES MILLS sprint</b> 
5:30pm		<b>LES MILLS sprint</b> 		<b>LES MILLS sprint</b> 			
5:45pm			<b>LES MILLS sprint</b> 				

CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE. FOR ALL CLASS DESCRIPTIONS, PLEASE CHECK THE WEBSITE. EFFECTIVE 15TH NOVEMBER 2021. IF YOU ARE NEW TO GROUP FITNESS, INJURED, PREGNANT, OR HAVE ANY MEDICAL CONDITIONS, PLEASE SPEAK TO THE INSTRUCTOR BEFORE CLASS. ALL LIVE CLASSES REQUIRE A BOOKING. PLEASE SCAN THE QR CODE, OR GO TO THE WEBSITE/APP TO BOOK YOUR SPOT.