

GROUP FITNESS TIMETABLE

BOOK VIA THE APP



GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	LES MILLS BODYPUMP	PILATES		FCT	LES MILLS BODYPUMP		
5:35am			LES MILLS GRIT STRENGTH				
6:10am		FCBOX	FCT 45	LES MILLS BODYSTEP			
7:40am						LES MILLS BODYBALANCE	FCT 45
8:30am	LES MILLS BODYCOMBAT 45		LES MILLS BODYPUMP 45		LES MILLS BODYPUMP 45		LES MILLS BODYCOMBAT
8:45am						LES MILLS BODYPUMP	
9:05am		LES MILLS BODYPUMP		LES MILLS GRIT STRENGTH			
9:20am	LES MILLS SH'BAM		LES MILLS BODYSTEP		LES MILLS CORE		
9:40am				YOGA			
10:05am					LES MILLS BODYBALANCE 45		
10:10am	PILATES						
5:30pm	LES MILLS BODYPUMP	FCT			LES MILLS SH'BAM		
6:10pm		LES MILLS BODYPUMP 45	LES MILLS GRIT STRENGTH	LES MILLS BODYSTEP 45			
6:20pm					YOGA		
6:35pm	YOGA						
7:00pm		LES MILLS CORE	LES MILLS SH'BAM	LES MILLS BODYPUMP			










CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am			LES MILLS RPM	LES MILLS RPM			
6:10am	LES MILLS sprint				LES MILLS sprint		
8:15am						LES MILLS RPM	
8:30am		LES MILLS sprint		LES MILLS sprint			
9:30am			LES MILLS RPM		LES MILLS RPM 30		
5:30pm			LES MILLS sprint				
5:45pm	LES MILLS RPM						
6:05pm		LES MILLS RPM		LES MILLS RPM			

REFORMER STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am							
6:30am							
7:30am							
8:30am							
9:30am							
10:00am							
5:30pm							
6:30pm							

OUTDOOR FUNCTIONAL TRAINING AREA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35am							
6:10am							
7:30am							
9:15am	 						
6:05pm							
6:30pm							

TIMETABLE EFFECTIVE 28TH APRIL 2022. ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

FOR ALL CLASS DESCRIPTIONS, PLEASE CHECK THE WEBSITE.

IF YOU ARE NEW, INJURED, PREGNANT, OR HAVE ANY MEDICAL CONDITIONS, PLEASE SPEAK TO YOUR INSTRUCTOR BEFORE CLASS.

REFORMER PILATES IS ONLY AVAILABLE TO MEMBERS WITH A REFORMER PILATES MEMBERSHIP.

ALL CLASSES REQUIRE YOU TO BOOK YOUR SPOT. BOOK VIA THE APP OR WEBSITE.