

















# CLASS TIMETABLE









## MONDAY

<b>KETTLEBELL SWING</b> 06:15 – 07:00 WITH Greg	
<b>LESMILLS BODYPUMP®</b> 10:00 – 10:45	
<b>LESMILLS RPM</b> 12:45 – 13:15	
<b>BOXING BLAST</b> 13:00 – 13:45 WITH Chris	
<b>LESMILLS RPM</b> 17:00 – 17:35	
<b>Hiit</b> 18:30 – 19:30 WITH Toby	
<b>LESMILLS CXWORX</b> 19:45 – 20:15	
<b>FREE STUDIO</b>	









## TUESDAY

<b>BOXING BLAST</b> 06:15 – 07:00 WITH Chris	
<b>FREE STUDIO</b>	
<b>FUN FITNESS</b> 13:00 – 13:45 WITH Michelle	
<b>FREE STUDIO</b>	
<b>AB ATTACK</b> 17:30 – 18:00 WITH Toby	
<b>BOX FIT</b> 18:30 – 19:15 WITH Toby	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	









## WEDNESDAY

<b>CIRCUITS</b> 06:15 – 07:00 WITH Greg	
<b>FREE STUDIO</b>	
<b>LESMILLS RPM</b> 13:00 – 13:45	
<b>CIRCUITS</b> 13:00 – 13:45 WITH Chris	
<b>PILATES</b> 17:30 – 18:15 WITH Clare	
<b>FREE STUDIO</b>	
<b>LESMILLS BODYPUMP®</b> 19:00 – 19:45	
<b>FREE STUDIO</b>	









## THURSDAY

<b>LEGS, BUMS, TUMS</b> 06:15 – 07:00 WITH Chris	
<b>LESMILLS RPM</b> 07:30 – 08:10	
<b>LESMILLS RPM</b> 12:45 – 13:15	
<b>FREE STUDIO</b>	
<b>BETTER BUMS</b> 17:15 – 18:00 WITH Toby	
<b>Hiit</b> 18:00 – 19:00 WITH Toby	
<b>SPIN</b> 19:15 – 20:00 WITH Patience	
<b>FREE STUDIO</b>	



## FRIDAY

<b>ABS OF STEEL</b> 06:15 – 06:45 WITH Greg	
<b>FREE STUDIO</b>	
<b>CIRCUITS</b> 12:00 – 12:45 WITH Greg	
<b>LESMILLS RPM</b> 13:00 – 13:35	
<b>AB ATTACK</b> 17:30 – 18:00 WITH Toby	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	

## SATURDAY

<b>LESMILLS BODYPUMP®</b> 08:00 – 08:45	
<b>PILATES</b> 09:00 – 09:45 WITH Clare	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	

## SUNDAY

<b>FREE STUDIO</b>	
<b>FREE STUDIO</b>	

CLASS  
TYPE



CARDIO



STRENGTH



STRETCH



FUNCTIONAL



CIRCUITS



DANCE



MIND & BODY

INSTRUCTOR  
TYPE



INSTRUCTOR  
LEAD



VIRTUAL  
CLASS