

Time Class Length STUDIO

MONDAY

6.30	Les Mills RPM	●	45min	1
6.30	Les Mills Body Pump	●	45min	2
7.00	TRX / HIIT	●	30min	Team G
9.30	Aquafit	●	45min	Pool
9.30	Les Mills RPM	●	45min	1
9.30	Les Mills CX Worx	●	30min	2
10.15	Les Mills Body Pump	●	45min	2
12.10	Les Mills RPM	●	35min	1
12.10	Arms & Abs	●	30min	3
13.05	Pilates (Intermediate)	●	45min	2
17.30	Les Mills CX Worx	●	30min	2
18.15	Les Mills Body Pump	●	45min	2
18.30	TRX / HIIT	●	30min	Team G
18.30	Les Mills RPM	●	45min	1
19.10	Pilates (Intermediate)	●	45min	2
20.05	Yoga (Inter/Advanced)	●	45min	2

TUESDAY

6.15	Les Mills Body Pump	●	45min	2
6.30	Les Mills CX Worx	●	30min	3
9.30	Les Mills Body Pump	●	45min	2
10.05	Les Mills RPM	●	45min	1
10.30	Yoga (Beginner)	●	45min	2
12.05	Piloxing	●	45min	2
13.10	Pilates (Advanced)	●	45min	2
13.10	Les Mills RPM	●	35min	1
18.15	Les Mills RPM	●	45min	1
18.30	Les Mills Body Pump	●	45min	2
19.30	Les Mills RPM	●	45min	1
19.45	Pilates (Beginner)	●	45min	2
20.00	HydroBurn	●	45min	Pool
20.45	Yoga (Beginner)	●	45min	2

WEDNESDAY

6.30	Les Mills CX Worx	●	30min	2
6.30	Les Mills RPM	●	45min	1
9.15	Les Mills Body Pump	●	45min	2
9.30	Aquafit	●	45min	Pool
9.30	Les Mills RPM	●	45min	1
10.10	Les Mills CX Worx	●	30min	2
10.10	Piloxing	●	45min	3
12.05	Yoga (Beginner)	●	45min	2
13.10	Body Pump Express	●	30min	2
18.15	Les Mills Body Pump	●	45min	2
18.30	TRX / HIIT	●	30min	Team G
19.10	Yoga (Intermediate)	●	45min	2
19.10	Les Mills RPM	●	45min	1
20.05	Les Mills Body Pump	●	45min	2
21.05	Pilates (Intermediate)	●	45min	2

Excluding the 10th Dec - 1st Jan (see Christmas schedule)

● Members Only ● Members and Students

Time Class Length Studio

THURSDAY

6.30	Pilates (Int/Adv)	●	45min	2
6.30	Les Mills RPM	●	45min	1
6.30	Kettlebells / HIIT	●	30min	3
9.30	Les Mills Body Pump	●	45min	2
9.30	Les Mills RPM	●	45min	1
10.30	Yoga (Beginner)	●	45min	2
12.05	Pilates (Beginner)	●	45min	2
13.10	Les Mills RPM	●	35min	1
17.30	Les Mills CX Worx	●	30min	2
18.15	Pilates (Intermediate)	●	45min	2
18.30	Les Mills RPM	●	45min	1
19.10	Les Mills Body Pump	●	45min	2
20.05	Les Mills CX Worx	●	30min	2
20.45	Les Mills Body Balance	●	45min	2

FRIDAY

6.30	Les Mills RPM	●	45min	1
6.30	Les Mills Body Pump	●	45min	2
9.30	Les Mills Body Pump	●	45min	2
9.45	Les Mills RPM	●	45min	1
10.00	Hydroburn	●	45min	Pool
10.30	Pilates (Beginner)	●	45min	2
12.05	Yoga (Intermediate)	●	45min	2
13.10	Body Pump Express	●	30min	2
18.15	Les Mills RPM	●	45min	1
18.15	Les Mills CX Worx	●	30min	2
19.10	Kettlebells / HIIT	●	30min	3
19.10	Pilates (Beginner)	●	45min	2

SATURDAY

8.30	Les Mills CX Worx	●	30min	2
9.10	Pilates (Intermediate)	●	45min	2
9.10	Les Mills Body Pump	●	45min	3
10.05	Les Mills Body Balance	●	45min	2
10.10	Les Mills RPM	●	45min	1
11.05	Les Mills Body Pump	●	45min	2
12.10	Zumba	●	45min	3
12.10	Yoga (Intermediate)	●	60min	2
14.10	Les Mills CX Worx	●	30min	2

SUNDAY

9.00	Yoga (Intermediate)	●	60min	2
10.10	Les Mills Body Pump	●	45min	2
11.00	Les Mills RPM Endurance	●	60min	1
12.05	Les Mills CX Worx	●	30min	2
12.45	Les Mills Body Balance	●	45min	2
13.05	Pilates (Intermediate)	●	45min	3
14.05	Yoga (Beginners)	●	45min	2

Class bookings open 15 minutes before start time.
Bookings can be made online at Sport & Fitness website and iPad docks in the club.