

Time	Class	Type	Length	Studio
MONDAY				
06:30	Les Mills Bodypump	🟡🔴	45 mins	2
09:30	Les Mills Bodypump	🟡	45 mins	2
09:30	AQUA FIT	🟡	45 mins	Pool
10:35	SWEAT	🟡🔴	45 mins	Team Gym
11:05	Pilates (Int)	🟡	45 mins	2
12:10	Arms & Abs	🟡🔴	30 mins	2
13:05	Pilates (Beg)	🟡	45 mins	2
17:15	Les Mills Core	🟡🔴	30 mins	2
18:15	Pilates (Int)	🟡	45 mins	3
18:30	Les Mills Bodypump	🟡🔴	45 mins	2
19:15	Yoga (Int)	🟡	45 mins	2
19:35	Les Mills Sprint	🟡🔴	30 mins	1

TUESDAY

06:30	Pilates (Int)	🟡🔴	45 mins	2
07:05	Les Mills RPM	🟡🔴	45 mins	1
09:15	Les Mills Bodypump	🟡	45 mins	2
10:15	Les Mills Core	🟡🔴	30 mins	2
11:05	Les Mills Sprint	🟡🔴	30 mins	1
11:10	Yoga (Beg)	🟡🔴	45 mins	2
12:10	Les Mills Bodypump	🟡🔴	45 mins	2
13:05	SWEAT	🟡🔴	35 mins	Team Gym
18:15	Pilates (Beg)	🟡	45 mins	2
18:45	Les Mills RPM	🟡🔴	45 mins	1
19:15	Les Mills Bodypump	🟡	45 mins	2
20:00	Aqua / Hydroburn	🟡	45 mins	Pool

WEDNESDAY

07:05	Les Mills GRIT	🟡🔴	30 mins	2
09:30	AquaFit	🟡	45 mins	Pool
09:30	Pilates (Beg)	🟡	45 mins	2
10:10	Les Mills Sprint	🟡🔴	30 mins	1
11:05	SWEAT	🟡🔴	45 mins	Team Gym
11:10	Les Mills Bodypump	🟡	45 mins	2
12:10	Les Mills Bodybalance	🟡🔴	45 mins	2
13:15	Les Mills Bodypump Exp	🟡🔴	30 mins	2
17:15	Pilates (Int)	🟡🔴	45 mins	2
18:30	Les Mills Core	🟡	30 mins	2
19:05	Les Mills RPM	🟡🔴	45 mins	1
19:15	Yoga (Beg)	🟡🔴	45 mins	2

Time	Class	Type	Length	Studio
THURSDAY				
06:30	Les Mills Sprint	🟡🔴	30 mins	1
09:30	Les Mills GRIT	🟡🔴	30 mins	2
10:05	Les Mills RPM	🟡🔴	45 mins	1
10:15	Yoga (Int)	🟡	45 mins	2
11:15	Les Mills Bodypump	🟡🔴	45 mins	2
12:15	Pilates (Beg)	🟡🔴	45 mins	2
13:10	Les Mills R Express	🟡🔴	35 mins	1
13:15	Pilates (Int)	🟡🔴	45 mins	2
17:15	Les Mills Core	🟡🔴	30 mins	2
18:30	SWEAT	🟡🔴	45 mins	Team Gym
19:05	Yoga (Int)	🟡	45 mins	3
19:15	Les Mills Bodypump	🟡🔴	45 mins	2

FRIDAY

06:30	Les Mills Bodypump	🟡🔴	45 mins	2
07:05	Les Mills RPM	🟡🔴	45 mins	1
09:15	Les Mills Bodypump	🟡	45 mins	2
10:00	AquaFit	🟡	45 mins	Pool
10:15	Les Mills Core	🟡	30 mins	2
11:05	Les Mills Sprint	🟡🔴	30 mins	1
11:10	Yoga (Beg)	🟡🔴	45 mins	2
12:10	Les Mills Bodybalance	🟡🔴	45 mins	2
13:10	Les Mills Bodypump Exp	🟡🔴	30 mins	2
17:15	Pilates (Beg)	🟡🔴	45 mins	2
18:15	Les Mills Bodypump	🟡	45 mins	2
19:15	Pilates (Int)	🟡	45 mins	2

SATURDAY

09:15	Pilates (Int)	🟡	45 mins	3
09:30	Les Mills Bodypump	🟡	60 mins	2
10:10	Les Mills RPM	🟡🔴	45 mins	1
12:10	SWEAT	🟡🔴	45 mins	Team Gym
12:10	Yoga (Beg)	🟡🔴	45 mins	2
13:10	Les Mills Bodypump	🟡🔴	45 mins	2

SUNDAY

09:15	Les Mills Core	🟡🔴	30 mins	2
10:05	Les Mills Sprint	🟡🔴	30 mins	1
11:10	Les Mills Bodypump	🟡	45 mins	2
12:10	Pilates (Int)	🟡🔴	45 mins	2
13:10	Les Mills RPM	🟡🔴	45 mins	1
14:10	Les Mills Bodypump	🟡	45 mins	2



Private Member
Class Access



Student Member
Class Access

Excludes classes
from 24th - 31st Dec
See Xmas schedule 2025