

Time	Class	Type	Length	Studio
MONDAY				
06:30	Les Mills Bodypump	🟡🔴	45 mins	2
07:05	TRX / HIIT	🟡🔴	35 mins	Team Gym
09:30	AquaFit	🟡	45 mins	Pool
09:30	Les Mills Bodypump	🟡	45 mins	2
10:10	Les Mills RPM	🟡🔴	45 mins	1
11:05	Pilates (Beg)	🟡🔴	45 mins	2
12:10	SWEAT	🟡🔴	45 mins	Team Gym
13:15	Pilates (Beg)	🟡	45 mins	2
17:15	Les Mills Core	🟡	30 mins	2
18:15	Les Mills Bodypump	🟡🔴	45 mins	2
19:15	Yoga (Int)	🟡	60 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 Core	🟡🔴	30 mins	1
10:10	Les Mills Bodypump	🟡	45 mins	2
11:10	Yoga (Beg)	🟡🔴	45 mins	2
13:05	Pilates (Int)	🟡	45 mins	2
13:10	Les Mills RPM Express	🟡🔴	35 mins	1
17:15	Pilates (Beg)	🟡🔴	45 mins	2
18:30	Les Mills Core	🟡🔴	30 mins	1
19:15	Les Mills Bodypump	🟡	45 mins	2
20:00	HYDROBURN	🟡🔴	45 mins	Pool
20:15	Yoga (Beg)	🟡🔴	45 mins	2

WEDNESDAY

06:45	SWEAT	🟡🔴	45 mins	Team Gym
09:15	LM SPRINT	🟡🔴	30 mins	1
09:30	Pilates (Beg)	🟡🔴	45 mins	2
09:30	AquaFit	🟡	45 mins	Pool
11:10	LM Bodypump	🟡🔴	45 mins	2
12:10	LM BodyBalance	🟡🔴	45 mins	2
13:10	LM Bodypump Exp	🟡	30 mins	2
18:15	LM Bodypump	🟡🔴	45 mins	2
18:30	LM RPM	🟡🔴	45 mins	1
19:15	LM GRIT	🟡🔴	30 mins	2
20:05	Pilates (Int)	🟡	45 mins	2

Time	Class	Type	Length	Studio
THURSDAY				
06:30	Les Mills SPRINT	🟡🔴	30 mins	1
07:10	Les Mills Core	🟡🔴	30 mins	1
09:15	Les Mills Bodypump	🟡	45 mins	2
10:15	Yoga (Int)	🟡	30 mins	2
10:20	SWEAT	🟡	45 mins	Team Gym
12:05	Les Mills Bodypump	🟡	45 mins	2
13:05	Yoga (Beg)	🟡	45 mins	2
13:10	Les Mills SPRINT	🟡🔴	30 mins	1
17:15	Les Mills Core	🟡🔴	30 mins	2
18:15	Les Mills BodyBalance	🟡🔴	45 mins	2
18:30	SWEAT	🟡🔴	45 mins	Team Gym
19:15	Les Mills Bodypump	🟡🔴	60 mins	2

FRIDAY

06:30	Les Mills Bodypump	🟡🔴	45 mins	2
07:05	Les Mills RPM	🟡🔴	45 mins	1
09:15	Les Mills Core	🟡🔴	30 mins	2
10:00	AquaFit	🟡	45 mins	Pool
10:10	Les Mills Bodypump	🟡	45 mins	2
11:10	Yoga (Int)	🟡🔴	45 mins	2
12:10	Les Mills BodyBalance	🟡🔴	45 mins	2
13:10	TRX / HIIT	🟡🔴	35 mins	Team Gym
18:15	Les Mills Bodypump	🟡🔴	45 mins	2
19:30	Pilates (Beg)	🟡🔴	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
13:10	Les Mills Bodypump	🟡	45 mins	2
14:10	Pilates (Beg)	🟡🔴	45 mins	2

SUNDAY

09:15	Les Mills Core	🟡🔴	30 mins	2
10:05	Les Mills SPRINT	🟡🔴	30 mins	1
10:10	Yoga (Beg)	🟡	45 mins	2
11:10	Les Mills Bodypump	🟡🔴	45 mins	2
13:10	Les Mills RPM Express	🟡🔴	35 mins	1

M

Private Member
Class Access

S

Student Member
Class Access

For the fastest class booking

Get the App

Scan Me

