



CLASS TIMES

24th to 31st December 2025

All classes subject to change

Time	Class	Length	Studio
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WEDNESDAY 24th

06:30	Les Mills RPM	45 mins	1
07:05	Les Mills GRIT	30 mins	2
09:15	Les Mills CORE	30 mins	2
09:30	Pilates (Beg)	45 mins	3
10:10	Les Mills Bodypump	60 mins	2
11:45	SWEAT	35 mins	Te Gym
12:10	Yoga (Int)	45 mins	2
13:10	Les Mills Bodypump	45 mins	2
13:15	Les Mills SPRINT	30 mins	1
14:10	Pilates (INT)	45 mins	2

THURSDAY 25th Club Closed

FRIDAY 26th Club Closed

SATURDAY 27th

09:10	Pilates (INT)	45 mins	2
10:15	Les Mills SPRINT	30 mins	1
11:15	Les Mills Bodypump	45 mins	2
12:15	Les Mills Bodybalance	45 mins	2
14:10	Les Mills RPM Express	35 mins	1

Time	Class	Length	Studio
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SUNDAY 28th

09:15	Les Mills Core	30 mins	2
10:10	Les Mills Bodypump	60 mins	2
12:10	Pilates (Beg)	45 mins	2
13:30	Les Mills SPRINT	30 mins	1
15:10	Les Mills Bodypump	45 mins	2

MONDAY 29th

09:45	Les Mills RPM	45 mins	1
11:10	Yoga (Int)	60 mins	2
11:30	SWEAT	45 mins	Team Gym
13:10	Les Mills Bodypump	45 mins	2
14:10	Les Mills SPRINT	30 mins	1
15:10	Pilates (Beg)	45 mins	2

TUESDAY 30th

09:30	Les Mills Bodypump	45 mins	2
10:30	Les Mills CORE	30 mins	2
11:15	Les Mills GRIT	30 mins	2
12:05	Les Mills RPM	45 mins	1
13:30	Yoga (Beg)	45 mins	2
15:10	Pilates (Int)	45 mins	2

WEDNESDAY 31st

09:30	Yoga (INT)	60 mins	2
10:10	Les Mills SPRINT	30 mins	1
11:15	Les Mills Bodypump	45 mins	2
13:10	Les Mills RPM	45 mins	1
14:10	Les Mills Bodypump	45 mins	2

Christmas Opening Hours 2025/2026

Tuesday	23rd	6am - 11pm
Wednesday	24th	6am - 4pm
Thursday	25th	Closed
Friday	26th	Closed
Saturday	27th	8am - 6.30pm
Sunday	28th	8am - 6.30pm
Monday	29th	8am - 6.30pm
Tuesday	30th	8am - 6.30pm
Wednesday	31st	8am - 6.30pm
Thursday	1st	Closed
Friday	2nd	6am - 11pm

All other days as normal

MERRY
Christmas

All classes open to members and students

Last access on all days is 60 minutes before closing.

Facilities stop 30 minutes before closing.