

Time Class Length STUDIO

## MONDAY

6.30	Les Mills RPM	●	45min	1
6.30	Les Mills Body Pump	●	45min	2
9.30	Aquafit	●	45min	Pool
9.30	Les Mills Body Pump	●	45min	2
9.45	Les Mills SPRINT	●	30min	1
12.10	Les Mills GRIT	●	30min	3
12.10	Arms & Abs	●	30min	2
13.05	Pilates (Beg)	●	45min	2
13.10	Les Mills RPM Express	●	35min	1
18.15	Kettlebells/HIIT	●	35min	3
18.30	Les Mills RPM	●	45min	1
19.00	Les Mills Body Pump	●	45min	2
20.05	Yoga (Intermediate)	●	60min	2

## TUESDAY

6.15	Les Mills Body Pump	●	45min	2
7.05	Les Mills RPM	●	45min	1
7.15	Les Mills CXWorx	●	30min	2
9.30	Les Mills RPM	●	45min	1
9.45	Les Mills Body Pump	●	45min	2
11.15	Yoga (Over 65's)	●	30min	2
12.05	Yoga (Beginners)	●	45min	2
13.05	Les Mills Body Balance	●	45min	3
13.10	Les Mills SPRINT	●	30min	1
18.30	Les Mills Body Pump	●	45min	2
19.00	Les Mills RPM	●	45min	1
19.45	Pilates (Beginner)	●	45min	2
20.00	HydroBurn	●	45min	Pool
20.55	Yoga (Beginner)	●	45min	2

## WEDNESDAY

6.30	Les Mills RPM	●	45min	1
7.05	Les Mills GRIT	●	30min	2
9.15	Les Mills Body Pump	●	45min	2
9.30	Aquafit	●	45min	Pool
9.30	Cardio Attack	●	45min	3
11.10	Les Mills RPM	●	45min	1
12.05	Les Mills CX Worx	●	30min	3
12.05	Yoga (Intermediate)	●	45min	2
13.05	Pilates (Beginner)	●	45min	2
13.10	Les Mills RPM Express	●	35min	1
18.10	Les Mills Body Pump	●	45min	2
18.30	Les Mills SPRINT	●	30min	1
19.15	Yoga (Beginners)	●	45min	2
20.25	Les Mills Body Pump	●	45min	2

Time Class Length Studio

## THURSDAY

6.30	Pilates (Intermediate)	●	45min	2
6.30	Les Mills SPRINT	●	30min	1
7.15	Les Mills CX Worx	●	30min	3
9.30	Les Mills RPM	●	45min	1
9.40	Les Mills GRIT	●	30min	2
10.30	Yoga (Beginner)	●	45min	2
12.00	Pilates (Intermediate)	●	45min	2
13.10	Les Mills Body Pump Exp.	●	30min	2
18.30	Les Mills RPM	●	45min	1
19.05	Les Mills GRIT	●	30min	2
20.00	Les Mills Body Pump Exp.	●	30min	2
20.15	Les Mills SPRINT	●	30min	1

## FRIDAY

6.30	Les Mills Body Pump	●	45min	2
6.30	Les Mills RPM	●	45min	1
9.30	Les Mills Body Pump	●	45min	2
9.30	Hydroburn	●	45min	Pool
9.45	Les Mills SPRINT	●	30min	1
10.45	Pilates (Beginner)	●	45min	2
12.05	Yoga (Intermediate)	●	45min	2
12.05	Les Mills RPM	●	45min	1
13.10	Les Mills CX Worx	●	30min	2
18.05	Les Mills Body Balance	●	45min	2
18.30	Les Mills RPM	●	45min	1
19.10	Les Mills Body Pump	●	45min	2

## SATURDAY

8.25	Les Mills CX Worx	●	30min	2
9.10	Pilates (Intermediate)	●	45min	3
9.15	Les Mills Body Pump	●	45min	2
10.05	Les Mills RPM	●	45min	1
10.10	Les Mills Body Balance	●	45min	3
11.05	Les Mills Body Pump	●	45min	2
12.05	Yoga (Intermediate)	●	60min	2
14.05	Les Mills RPM	●	45min	1

## SUNDAY

9.00	Yoga (Intermediate)	●	60min	2
10.20	Les Mills Body Pump	●	45min	2
11.00	Les Mills RPM	●	45min	1
12.15	Les Mills GRIT	●	30min	2
13.00	Les Mills SPRINT	●	30min	1
14.00	Pilates (Beginners)	●	45min	2

Excluding the 7th Dec - 1st Jan (see Christmas schedule)

- Members Only
- Members and Students

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