

Time	Class	Type	Length	Studio
MONDAY				
11:10	Les Mills RPM	● ●	45 mins	1
12:10	Arms & Abs	● ●	30 mins	3
13:05	Pilates (Beg)	●	45 mins	3
16:00	Yoga (Beg)	●	45 mins	3
16:15	SWEAT		45 mins	Team Gym

TUESDAY

10:15	Yoga (Beg)	●	45 mins	Village ST1
11:15	Les Mills Bodypump	●	45 mins	Village ST1
14:10	Pilates (Int)	●	45 mins	Village ST1
16:15	Arms & Abs	●	30 mins	3
17:05	Les Mills Shapes	● ●	45 mins	2
18:30	Les Mills Core	● ●	30 mins	2

WEDNESDAY

13:05	Yoga (Int)	●	45 mins	3
16:30	Pilates (Beg)	●	45 mins	Village ST1
17:30	Les Mills Bodypump	●	45 mins	Village ST1
18:15	Les Mills GRIT+	● ●	30 mins	2

Time	Class	Type	Length	Studio
THURSDAY				
07:45	Les Mills Sprint	● ●	30 mins	1
11:15	Les Mills Shapes	● ●	45 mins	2
14:10	Les Mills Bodypump	●	45 mins	3
17:30	SWEAT		45 mins	Team Gym
19:05	Les Mills Bodybalance	● ●	45 mins	3

FRIDAY

09:15	Les Mills Core	● ●	30 mins	2
09:30	Les Mills RPM	● ●	45 mins	1
13:05	Pilates (Int)	●	45 mins	3
14:10	Yoga (Int)	●	45 mins	Village ST1

SATURDAY

11:10	Les Mills Bodypump	●	45 mins	3
13:05	Les Mills Sprint	● ●	30 mins	1
14:10	Pilates (Beg)	● ●	45 mins	3

SUNDAY

09:30	Les Mills Bodypump	●	45 mins	3
14:10	Les Mills RPM	● ●	45 mins	1
16:15	Pilates (Int)	● ●	45 mins	2



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