

Main Studio Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

YOGA

07:05-08:05

GRETA

STRENGTH

10:10-10:55

FIONA

AEROBICS

11:05-11:50

FIONA

BODY ATTACK

16:00-16:45

VIRTUAL  **LES MILLS BODYATTACK**

ARMS & ABS

17:00-17:25

HARRISON

STRENGTH

17:30-18:15

FIONA

BODY ATTACK

18:25-19:10

FIONA **LES MILLS**

PILATES

19:15-20:15

FIONA

STRENGTH

07:05-07:50

HANNAH

LBT

09:15-10:00

FIONA

BODY COMBAT

10:10-10:55

TIM **LES MILLS**

PILATES

11:05-12:05

FIONA

CORE

14:00-14:30

VIRTUAL  **LES MILLS CORE**

LBT

17:30-18:15

FIONA

STEP

18:20-19:05

FIONA

BODY PUMP

19:15-20:00

KELLY **LES MILLS**

ACCUMULATOR

06:30-07:00

JOSH

LADIES BOXING

09:00-10:00

DAN

BODY PUMP

10:10-10:55

TIM **LES MILLS**

PILATES

11:05-11:50

TIM

BODY COMBAT

16:00-16:30

VIRTUAL  **LES MILLS BODYCOMBAT**

PILATES

17:30-18:15

FIONA

CARDIO PUMP

18:20-18:50

FIONA

ZUMBA

19:00-19:45

KATIE

STEP

09:15-10:00

FIONA

CARDIO PUMP

10:10-10:40

FIONA

YOGA

11:00-12:00

GRETA

BODY PUMP

14:00-14:45

VIRTUAL  **LES MILLS BODYPUMP**

BODY PUMP

17:40-18:25

TIM **LES MILLS**

BODY COMBAT

18:35-19:20

TIM

LES MILLS

BOOTCAMP

07:00-07:45

MATT

BODY PUMP

10:00-10:45

KELLY **LES MILLS**

ZUMBA

10:50-11:35

KATIE

PILATES

11:45-12:45

FIONA

BODY BALANCE

16:00-16:55

VIRTUAL  **LES MILLS BODYBALANCE**

BOX HIIT

17:30-18:00

HANNAH

BODY ATTACK

18:10-18:55

FIONA **LES MILLS**

BODY PUMP

09:00-10:00

KELLY **LES MILLS**

THE GRIT

13:00-13:30

VIRTUAL  **LES MILLS GRIT**

SH-BAM

14:00-14:30

VIRTUAL  **LES MILLS SH-BAM**

ZUMBA

10:00-10:45

KATIE

YOGA

11:00-12:00

TIM

CORE

14:00-14:30

VIRTUAL  **LES MILLS CORE**



HIGH ENERGY



FUNCTIONAL



STRENGTH AND CONDITIONING

GROUP INDUCTIONS 08:30-09:00 & 18:00-18:30 MON, WED & FRI*

*MEET AT RECEPTION

