

Monday

Time	D	S	Class	
06:15	60	M	● LES MILLS BODYPUMP	⊙
06:45	30	G	● HIIT	
07:15	30	M	● LES MILLS CXWORX	⊙
07:45	30	M	● GRIT	⊙
08:15	60	M	● LES MILLS BODYBALANCE	⊙
09:30	45	M	● CURVALICIOUS	
10:15	45	M	● ZUMBA	
10:15	45	M&B	● BARRE BELLS	
11:00	60	M	● LES MILLS BODYBALANCE	⊙
12:00	30	M	● LES MILLS BODYCOMBAT	⊙
12:30	30	M	● GRIT	⊙
13:00	30	M	● LES MILLS BODYPUMP	⊙
13:30	45	P	● AQUA ZUMBA	
13:45	30	M	● LES MILLS CXWORX	⊙
14:15	60	M	● LES MILLS BODYBALANCE	⊙
17:15	30	M	● GRIT	⊙
17:30	30	M/G	● HIIT	
18:00	45	S	● SPIN	
18:00	60	M	● COMBAT	
19:00	60	M	● LES MILLS BODYPUMP	⊙
19:00	45	P	● AQUA ZUMBA	
19:30	60	M&B	● YANG TO YIN YOGA	
20:00	45	M	● LBT	

Tuesday

Time	D	S	Class	
06:15	30	M	● GRIT	⊙
06:45	30	M	● LES MILLS CXWORX	⊙
06:45	45	S	● SPIN	
07:15	30	M	● LES MILLS BODYBALANCE	⊙
07:45	30	M	● LES MILLS BODYPUMP	⊙
08:15	30	M	● LES MILLS BODYCOMBAT	⊙
09:15	45	M&B	● PILATES	
09:15	45	M	● LES MILLS BODYPUMP	⊙
09:30	30	G	● HIIT	
10:00	45	M	● LBT	
10:45	45	M	● clubbercise	
12:00	30	M	● LES MILLS BODYPUMP	⊙
12:30	30	M	● GRIT	⊙
13:00	30	M	● LES MILLS BODYCOMBAT	⊙
13:30	30	M	● LES MILLS BODYBALANCE	⊙
16:00	30	G	● HIIT (11-15 YEAR OLDS)	
14:00	30	M	● LES MILLS CXWORX	⊙
17:15	45	M	● LES MILLS BODYCOMBAT	⊙
17:30	30	G	● WOD	
18:00	45	S	● SPIN	
18:00	30	M	● HIIT	
18:30	45	M	● BOXFIT	
19:00	30	G	● HIIT	
19:15	45	M	● BOOTY GAINZ	
19:45	60	M&B	● PILATES	
20:00	105	M	● SUGARPOLE FITNESS	

Wednesday

Time	D	S	Class	
06:15	30	M	● LES MILLS BODYCOMBAT	⊙
06:45	30	M	● HIIT	
07:15	30	M	● LES MILLS CXWORX	⊙
07:45	30	M	● GRIT	⊙
08:15	60	M	● LES MILLS BODYBALANCE	⊙
09:30	30	S	● SPIN	
09:30	45	M	● BOOTY GAINZ	
10:30	45	M	● COMBAT	
11:15	45	M	● LES MILLS BODYPUMP	⊙
12:00	30	M	● LES MILLS CXWORX	⊙
12:30	30	M	● GRIT	⊙
12:30	45	P	● AQUA ZUMBA	
13:00	30	M	● LES MILLS BODYCOMBAT	⊙
13:30	60	M	● LES MILLS BODYBALANCE	⊙
17:30	30	M	● GRIT	⊙
18:00	30	S	● SPIN	
18:00	30	M	● HIIT	
18:30	45	M	● LES MILLS BODYPUMP	⊙
18:30	45	M&B	● MOBILITY	
18:45	30	G	● 360 CONDITIONING	
19:15	45	M	● CURVALICIOUS	
19:15	60	M&B	● YOGA	
20:00	60	M	● LES MILLS BODYCOMBAT	⊙
21:00	45	M	● LES MILLS BODYPUMP	⊙

Key Code

D - Duration
S - Studio
M Main Studio
S Spin Studio
G Gym
M&B Mind & Body Studio
P Pool
Virtual Class
Carries Additional Cost

Colour Codes
● Cardio
● Strength & Toning
● Core/Flexibility

Thursday

Time	D	S	Class	
06:15	30	M	GRIT Cardio	⊙
06:45	45	S	SPIN	
06:45	60	M	LES MILLS BODYBALANCE	⊙
07:45	30	M	LES MILLS BODYPUMP	⊙
08:15	30	M	LES MILLS CXWORX	⊙
08:45	30	M	LES MILLS BODYCOMBAT	⊙
09:15	45	M	clubbercise	
09:30	30	G	BOXFIT	
10:00	45	M	CURVALICIOUS	
10:45	30	M	GRIT Cardio	⊙
11:00	60	M&B	HATHA YOGA	
11:15	45	M	LES MILLS BODYCOMBAT	⊙
12:00	30	M	LES MILLS CXWORX	⊙
12:30	30	M	GRIT Cardio	⊙
13:00	30	M	LES MILLS BODYPUMP	⊙
13:30	30	M	LES MILLS BODYBALANCE	⊙
16:00	30	G	HIIT (11-15 YEAR OLDS)	
16:00	30	M	LES MILLS BODYBALANCE	⊙
16:30	60	M	LES MILLS BODYCOMBAT	⊙
17:30	30	M	GRIT Cardio	⊙
18:00	60	M	LES MILLS BODYPUMP	⊙
18:15	45	S	SPIN	
19:00	45	M	clubbercise	
19:00	30	G	HIIT	
19:45	30	M	LES MILLS BODYBALANCE	⊙
20:30	90	M	AIKIDO*	⊙

* Members can attend but will have to pay £5

Friday

Time	D	S	Class	
06:15	30	M	GRIT Cardio	⊙
06:45	30	G	BOXFIT	
06:45	30	M	LES MILLS BODYBALANCE	⊙
07:15	30	M	LES MILLS CXWORX	⊙
07:45	30	M	GRIT Cardio	⊙
08:15	60	M	LES MILLS BODYPUMP	⊙
09:15	45	M&B	PILATES	
09:30	45	M	AEROBICS	
10:30	30	M	HIRT	
11:00	60	M	LES MILLS BODYBALANCE	⊙
12:00	30	M	LES MILLS BODYPUMP	⊙
12:30	30	M	GRIT Cardio	⊙
13:00	45	M	LES MILLS BODYCOMBAT	⊙
13:45	30	M	LES MILLS BODYPUMP	⊙
14:15	30	M	LES MILLS CXWORX	⊙
16:00	60	M	LES MILLS BODYCOMBAT	⊙
17:00	60	M	LES MILLS BODYPUMP	⊙
18:00	30	M	STEP	
18:00	45	S	CYCLE CIRCUITS	
18:45	60	M&B	HATHA YOGA	

Saturday

Time	D	S	Class	
08:30	30	M	LES MILLS BODYCOMBAT	⊙
09:00	45	S	SPIN	
09:00	60	M	LES MILLS BODYPUMP	⊙
10:00	30	M	HIIT	
11:00	30	M	GRIT Cardio	⊙
11:30	30	M	GRIT Cardio	⊙
12:00	60	M	LES MILLS BODYBALANCE	⊙
13:00	45	M	LES MILLS BODYCOMBAT	⊙
13:45	30	M	LES MILLS CXWORX	⊙
14:15	30	M	LES MILLS BODYBALANCE	⊙
15:00	60	M	LES MILLS BODYPUMP	⊙
16:00	30	M	LES MILLS CXWORX	⊙
16:30	60	M	LES MILLS BODYBALANCE	⊙
17:30	30	M	LES MILLS BODYCOMBAT	⊙
18:00	30	M	GRIT Cardio	⊙

Sunday

Time	D	S	Class	
08:30	60	M	LES MILLS BODYPUMP	⊙
09:30	45	S	SPIN & ABS	
09:30	30	M	GRIT Cardio	⊙
10:30	60	M	YOGA	
10:30	30	G	HIIT	
13:00	30	M	LES MILLS BODYBALANCE	⊙
13:30	30	M	LES MILLS BODYCOMBAT	⊙
14:00	30	M	LES MILLS BODYPUMP	⊙
14:30	90	M	AIKIDO*	
17:00	60	M	LES MILLS BODYBALANCE	⊙



Virtual Classes are audio-visual versions of the live Les Mills group fitness classes, played on a big screen, through a pumping sound system with a range of strength, cardio and core/flexibility classes.