

## Monday

| Time  | D  | S   | Class                          |  |
|-------|----|-----|--------------------------------|--|
| 06:15 | 60 | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |
| 06:45 | 30 | G   | HIIT                           |  |
| 07:15 | 30 | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 07:45 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 08:15 | 60 | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 09:30 | 45 | M   | CURVALICIOUS                   |  |
| 10:15 | 45 | M   | ZUMBA                          |  |
| 10:15 | 45 | M&B | BARRE BELLS                    |  |
| 11:00 | 60 | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 12:00 | 30 | M   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 12:30 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 13:00 | 30 | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |
| 13:30 | 45 | P   | AQUA ZUMBA                     |  |
| 13:45 | 30 | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 14:15 | 60 | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 17:15 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 17:30 | 30 | M/G | HIIT                           |  |
| 18:00 | 45 | S   | SPIN                           |  |
| 18:00 | 60 | M   | COMBAT                         |  |
| 19:00 | 60 | M   | <b>LES MILLS BODYPUMP</b>      |  |
| 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   | <b>LES MILLS GRIT</b> ⊙        |  |
| 06:45 | 30  | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 06:45 | 45  | S   | SPIN                           |  |
| 07:15 | 30  | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 07:45 | 30  | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |
| 08:15 | 30  | M   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 09:15 | 45  | M&B | PILATES                        |  |
| 09:15 | 45  | M   | <b>LES MILLS BODYPUMP</b>      |  |
| 09:30 | 30  | G   | HIIT                           |  |
| 10:00 | 45  | M   | LBT                            |  |
| 10:45 | 45  | M   | clubbercise                    |  |
| 12:00 | 30  | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |
| 12:30 | 30  | M   | <b>GRIT</b> ⊙                  |  |
| 13:00 | 30  | M   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 13:30 | 30  | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 16:00 | 30  | G   | HIIT (11-15 YEAR OLDS)         |  |
| 14:00 | 30  | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 17:15 | 45  | M   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 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   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 06:45 | 30 | M   | HIRT                           |  |
| 07:15 | 30 | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 07:45 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 08:15 | 60 | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 09:30 | 30 | S   | SPIN                           |  |
| 09:30 | 45 | M   | BOOTY GAINZ                    |  |
| 10:30 | 45 | M   | COMBAT                         |  |
| 11:15 | 45 | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |
| 12:00 | 30 | M   | <b>LES MILLS CXWORX</b> ⊙      |  |
| 12:30 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 12:30 | 45 | P   | AQUA ZUMBA                     |  |
| 13:00 | 30 | M   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 13:30 | 60 | M   | <b>LES MILLS BODYBALANCE</b> ⊙ |  |
| 17:30 | 30 | M   | <b>GRIT</b> ⊙                  |  |
| 18:00 | 30 | S   | SPIN                           |  |
| 18:00 | 30 | M   | HIIT                           |  |
| 18:30 | 45 | M   | <b>LES MILLS BODYPUMP</b>      |  |
| 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   | <b>LES MILLS BODYCOMBAT</b> ⊙  |  |
| 21:00 | 45 | M   | <b>LES MILLS BODYPUMP</b> ⊙    |  |

## Thursday

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

\* Members can attend but will have to pay £5

## Friday

| Time  | D  | S   | Class                               |   |
|-------|----|-----|-------------------------------------|---|
| 06:15 | 30 | M   | <b>GRIT</b> <small>CARDIO</small>   | ⊙ |
| 06:45 | 30 | G   | <b>BOXFIT</b>                       |   |
| 06:45 | 30 | M   | <b>BODYBALANCE</b>                  | ⊙ |
| 07:15 | 30 | M   | <b>CXWORX</b>                       | ⊙ |
| 07:45 | 30 | M   | <b>GRIT</b> <small>ATHLETIC</small> | ⊙ |
| 08:15 | 60 | M   | <b>BODYPUMP</b>                     | ⊙ |
| 09:15 | 45 | M&B | <b>PILATES</b>                      |   |
| 09:30 | 45 | M   | <b>AEROBICS</b>                     |   |
| 10:30 | 30 | M   | <b>HIRT</b>                         |   |
| 11:00 | 60 | M   | <b>BODYBALANCE</b>                  | ⊙ |
| 12:00 | 30 | M   | <b>BODYPUMP</b>                     | ⊙ |
| 12:30 | 30 | M   | <b>GRIT</b> <small>ATHLETIC</small> | ⊙ |
| 13:00 | 45 | M   | <b>BODYCOMBAT</b>                   | ⊙ |
| 13:45 | 30 | M   | <b>BODYPUMP</b>                     | ⊙ |
| 14:15 | 30 | M   | <b>CXWORX</b>                       | ⊙ |
| 16:00 | 60 | M   | <b>BODYCOMBAT</b>                   | ⊙ |
| 17:00 | 60 | M   | <b>BODYPUMP</b>                     | ⊙ |
| 18:00 | 30 | M   | <b>STEP</b>                         |   |
| 18:00 | 45 | S   | <b>CYCLE CIRCUITS</b>               |   |
| 18:45 | 60 | M&B | <b>HATHA YOGA</b>                   |   |

## Saturday

| Time  | D  | S | Class                               |   |
|-------|----|---|-------------------------------------|---|
| 08:30 | 30 | M | <b>BODYCOMBAT</b>                   | ⊙ |
| 09:00 | 45 | S | <b>SPIN</b>                         |   |
| 09:00 | 60 | M | <b>BODYPUMP</b>                     |   |
| 10:00 | 30 | M | <b>HIIT</b>                         |   |
| 11:00 | 30 | M | <b>GRIT</b> <small>CARDIO</small>   | ⊙ |
| 11:30 | 30 | M | <b>GRIT</b> <small>CARDIO</small>   | ⊙ |
| 12:00 | 60 | M | <b>BODYBALANCE</b>                  | ⊙ |
| 13:00 | 45 | M | <b>BODYCOMBAT</b>                   | ⊙ |
| 13:45 | 30 | M | <b>CXWORX</b>                       | ⊙ |
| 14:15 | 30 | M | <b>BODYBALANCE</b>                  | ⊙ |
| 15:00 | 60 | M | <b>BODYPUMP</b>                     | ⊙ |
| 16:00 | 30 | M | <b>CXWORX</b>                       | ⊙ |
| 16:30 | 60 | M | <b>BODYBALANCE</b>                  | ⊙ |
| 17:30 | 30 | M | <b>BODYCOMBAT</b>                   | ⊙ |
| 18:00 | 30 | M | <b>GRIT</b> <small>ATHLETIC</small> | ⊙ |

## Sunday

| Time  | D  | S | Class                             |   |
|-------|----|---|-----------------------------------|---|
| 08:30 | 60 | M | <b>BODYPUMP</b>                   | ⊙ |
| 09:30 | 45 | S | <b>SPIN &amp; ABS</b>             |   |
| 09:30 | 30 | M | <b>GRIT</b> <small>CARDIO</small> | ⊙ |
| 10:30 | 60 | M | <b>YOGA</b>                       |   |
| 10:30 | 30 | G | <b>HIIT</b>                       |   |
| 13:00 | 30 | M | <b>BODYBALANCE</b>                | ⊙ |
| 13:30 | 30 | M | <b>BODYCOMBAT</b>                 | ⊙ |
| 14:00 | 30 | M | <b>BODYPUMP</b>                   | ⊙ |
| 14:30 | 90 | M | <b>AIKIDO*</b>                    |   |
| 17:00 | 60 | M | <b>BODYBALANCE</b>                | ⊙ |



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.