CLASS TIMETABLE

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Monday

IVIUI		1 y	
TIME	D	S	CLASS
06:15	60	М	BODYPUMP O
06:45	30	G	HIIT
07:15	30	М	● CXWORX ⊙
07:45	30	М	• GRIT ©
08:15	60	М	BODYBALANCE
09:30	45	М	CURVALICIOUS
09:30	30	S	COACH BY COLOUR
10:15	45	М	ZUMBA
10:15	45	М&В	BARRE BELLS
11:00	60	М	BODYBALANCE
12:00	30	М	BODYCOMBAT ©
12:30	30	М	GRIT Ø
13:00	30	М	BODYPUMP
13:30	45	Р	AQUA ZUMBAO
13:45	30	М	CXWORX O
14:15	60	М	BODYBALANCE
17:15	30	М	GRIT
17:30	30	M/G	HIIT
18:00	45	S	 COACH BY COLOUR
18:00	60	М	COMBAT
19:00	60	М	BODYPUMP
19:00	45	Р	AQUA ZUMBA
19:30	60	М&В	HATHA YOGA

Tuesday

D	S	CLASS
30	М	● GRIT ⊙
30	М	● CXWORX ⊙
45	S	SPIN
30	М	BODYBALANCE O
30	М	BODYPUMP O
30	М	BODYCOMBAT O
45	М&В	PILATES
45	М	BODYPUMP
30	G	• HIIT
45	М	LBT
45	М	 clubbercise
30	М	BODYPUMP O
30	М	GRIT O
30	М	■ BODYCOMBAT ②
30	М	BODYBALANCE O
30	G	HIIT (11-15 YEAR OLDS)
30	М	● CXWORX ⊙
30	М	● BODYCOMBAT ⊙
30	G	• WOD
45	S	SPIN
30	М	HIRT
45	М	BOXFIT
30	G	HIIT
45	М	BOOTY GAINZ
60	М&В	PILATES
	30 30 45 30 30 45 45 30 45 45 30 30 30 30 30 30 30 30 30 45 45 30 30 45 45 30 30 45 45 30 30 45 45 45 45 45 45 45 45 45 45	30 M 30 M 30 M 30 M 30 M 30 M 45 M 45 M 30 G 45 M 30

Wednesday

TIME	D	S	CLASS	
06:15	30	М	BODYCOMBAT	0
06:45	30	М	HIRT	
07:15	30	М	LesMills ● CXWORX	0
07:45	30	М	GRIT	0
08:15	60	М	BODYBALANCE	0
09:30	30	S	SPIN	
09:30	45	М	BOOTY GAINZ	
10:30	45	М	COMBAT	
11:15	45	М	BODYPUMP	0
12:00	30	М	► CXWORX	0
12:30	30	М	GRIT	0
12:30	45	Р	AQUA ZUMBA	
13:00	30	М	BODYCOMBAT	0
13:30	60	М	LESMILLS BODYBALANCE	0
17:30	30	М	GRIT	0
18:00	30	S	SPIN	
18:00	30	М	HITT	
18:30	45	М	BODYPUMP	
18:30	45	М&В	MOBILITY	
18:45	30	G	 360 CONDITIONING 	
19:15	45	М	CURVALICIOUS	
19:30	60	М&В	PILATES	
20:00	60	М	BODYCOMBAT	0
21:00	45	М	BODYPUMP	0
	06:15 06:45 07:15 07:45 08:15 09:30 09:30 10:30 11:15 12:00 12:30 13:30 17:30 18:00 18:00 18:30 18:30 18:45 19:15 19:30 20:00	06:15 30 06:45 30 07:15 30 07:15 30 07:45 30 08:15 60 09:30 30 09:30 45 11:15 45 12:00 30 12:30 30 12:30 45 13:00 30 17:30 30 18:00 30 18:30 45 18:30 45 18:45 30 19:15 45 19:30 60	06:15 30 M 06:45 30 M 07:15 30 M 07:15 30 M 07:45 30 M 08:15 60 M 09:30 30 S 09:30 45 M 11:15 45 M 11:30 30 M 12:30 30 M 12:30 30 M 13:30 60 M 17:30 30 M 18:00 30 S 18:00 30 M 18:30 45 M 18:30 60 M 19:15 45 M 19:30 60 M 8B	06:15 30 M BODYCOMBAT 06:45 30 M HIRT 07:15 30 M CXWORX 07:45 30 M CXWORX 08:15 60 M BODYBALANCE 09:30 30 S SPIN 09:30 45 M BODYGAINZ 10:30 45 M COMBAT 12:00 30 M CXWORX 12:30 30 M GRIT 12:30 45 P AQUA ZUMBA 13:30 45 P AQUA ZUMBA 13:30 60 M BODYCOMBAT 18:00 30 M GRIT 18:00 30 M HITT 18:30 45 M BODYPUMP 18:30 45 M BODYPUMP 18:30 45 M BODYPUMP 18:30 45 M BODYPUMP 18:30<

Thursday

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TIME	D	S	CLASS
06:15	30	М	GRIT C
06:45	45	S	 COACH BY COLOUR
06:45	60	М	BODYBALANCE
07:45	30	М	BODYPUMP C
08:15	30	М	• CXWORX C
08:45	30	М	BODYCOMBAT C
09:15	45	М	clubbercise
09:30	30	G	BOXFIT
10:00	45	М	CURVALICIOUS
10:45	30	М	GRIT
11:00	60	М&В	HATHA YOGA
11:15	30	М	BODYCOMBAT C
12:00	30	М	CXWORX C
12:30	30	М	• GRIT
13:00	30	М	BODYPUMP C
13:30	30	М	BODYBALANCE C
16:00	30	G	HIIT (11-15 YEAR OLDS)
16:00	30	М	BODYBALANCE C
16:30	60	М	BODYCOMBAT ©
17:30	30	М	GRIT ATRICETIC
18:00	60	М	BODYPUMP
18:15	45	S	COACH BY COLOUR
19:00	45	М	clubbercise
19:00	30	G	• HIIT

Friday

TIME	D	S	CL	ASS	
06:15	30	М	•	GRIT	0
06:45	30	G	•	BOXFIT	
06:45	30	М	•	BODYBALANCE	0
07:15	30	М	•	CXWORX	0
07:45	30	М	•	GRIT	0
08:15	60	М	•	LESMILLS BODYPUMP	0
09:15	45	М&В	•	PILATES	
09:30	45	М	•	AEROBICS	
10:30	30	М	•	HIRT	
11:00	60	М	•	LESMILLS BODYBALANCE	0
12:00	30	М	•	Lesmills BODYPUMP	0
12:30	30	М	•	GRIT	0
13:00	30	М	•	Lesmills BODYCOMBAT	0
13:45	30	М	•	LESMILLS BODYPUMP	0
14:15	30	М	•	LesMILLS CXWORX	0
16:00	60	М	•	LESMILLS BODYCOMBAT	0
17:00	60	М	•	Lesmills BODYPUMP	0
18:00	30	М	•	STEP	
18:00	45	S	•	CYCLE CIRCUITS	
18:45	60	М&В	•	HATHA YOGA	

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.

Key codes

D - Duration

S - Studio

M Main Studio S Spin Studio

G Gym M&B Mind & Body Studio Pool

45 M 🛑 LBT

Virtual Class Carries Additional Cost

Colour codes

Cardio

Strength & Toning Core/Flexibility

Saturday

Jul	•						
TIME	D	S	CLASS	TIME	D	S	
08:30	30	М	● BODYCOMBAT ⊙	13:00	30	М	
09:00	45	S	SPIN	13:45	30	М	
09:00	60	М	BODYPUMP	14:15	30	М	
09:00	60	М	YOGA	15:00	60	М	
10:00	30	М	● HIIT	16:00	30	М	
11:00	30	М	GRIT O	16:30	60	М	
11:30	30	М	• GRIT	17:30	30	М	
12:00	60	М	BODYBALANCE	18:00	30	М	

20:00 105 M • SUGARPOLE FITNESS*

CL	ASS	
•	Lesmills BODYCOMBAT	0
•	CXWORX	0
•	LESMILLS BODYBALANCE	0
•	LESMILLS BODYPUMP	0
•	CXWORX	0
•	LESMILLS BODYBALANCE	0
•	Lesmills BODYCOMBAT	0
	GRIT	0

Sunday

20:30

30

TIME	D	S	CLASS		
08:30	60	М	BODYPUMP	0	
09:30	45	S	SPIN & ABS		
09:30	30	М	• GRIT	0	
10:30	60	М	YOGA		
10:30	30	G	• HIIT		
13:00	30	М	LESMILLS BODYBALANCE	0	

BODYBALANCE O

AIKIDO*

TIME	D	S
13:30	30	М
14:00	30	М
14:30	90	М
17:00	60	М

S	CLASS	
М	BODYCOMBAT	0
М	BODYPUMP	0
М	 AIKIDO* 	
М	LESMILLS BODYBALANCE	0