

## Monday

TIME	D	S	CLASS	
06:15	60	M	LESMILLS BODYPUMP	⊙
06:45	30	G	HIIT	
07:15	30	M	LESMILLS CXWORX	⊙
07:45	30	M	LESMILLS GRIT	⊙
08:15	60	M	LESMILLS BODYBALANCE	⊙
09:30	45	M	CURVALICIOUS	
09:30	30	S	COACH BY COLOUR	
10:15	45	M	ZUMBA	
10:15	45	M&B	BARRE BELLS	⊙
11:00	60	M	LESMILLS BODYBALANCE	⊙
12:00	30	M	LESMILLS BODYCOMBAT	⊙
12:30	30	M	LESMILLS GRIT	⊙
13:00	30	M	LESMILLS BODYPUMP	⊙
13:30	45	P	AQUA ZUMBA	⊙
13:45	30	M	LESMILLS CXWORX	⊙
14:15	60	M	LESMILLS BODYBALANCE	⊙
17:15	30	M	LESMILLS GRIT	
17:30	30	M/G	HIIT	
18:00	45	S	COACH BY COLOUR	
18:00	60	M	COMBAT	
19:00	60	M	LESMILLS BODYPUMP	
19:00	45	P	AQUA ZUMBA	
19:30	60	M&B	HATHA YOGA	
20:00	45	M	LBT	

## Tuesday

TIME	D	S	CLASS	
06:15	30	M	LESMILLS GRIT	⊙
06:45	30	M	LESMILLS CXWORX	⊙
06:45	45	S	SPIN	
07:15	30	M	LESMILLS BODYBALANCE	⊙
07:45	30	M	LESMILLS BODYPUMP	⊙
08:15	30	M	LESMILLS BODYCOMBAT	⊙
09:15	45	M&B	PILATES	
09:15	45	M	LESMILLS BODYPUMP	
09:30	30	G	HIIT	
10:00	45	M	LBT	
10:45	45	M	clubbercise	
12:00	30	M	LESMILLS BODYPUMP	⊙
12:30	30	M	LESMILLS GRIT	⊙
12:30	30	M	LESMILLS BODYCOMBAT	⊙
13:00	30	M	LESMILLS BODYBALANCE	⊙
13:30	30	M	LESMILLS BODYBALANCE	⊙
16:00	30	G	HIIT (11-15 YEAR OLDS)	
14:00	30	M	LESMILLS CXWORX	⊙
17:15	30	M	LESMILLS 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	
19:15	60	M&B	PILATES	
20:00	105	M	SUGARPOLE FITNESS*	

## Wednesday

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

## Thursday

TIME	D	S	CLASS	
06:15	30	M	LESMILLS GRIT	⊙
06:45	45	S	COACH BY COLOUR	
06:45	60	M	LESMILLS BODYBALANCE	⊙
07:45	30	M	LESMILLS BODYPUMP	⊙
08:15	30	M	LESMILLS CXWORX	⊙
08:45	30	M	LESMILLS BODYCOMBAT	⊙
09:15	45	M	clubbercise	
09:30	30	G	BOXFIT	
10:00	45	M	CURVALICIOUS	
10:45	30	M	LESMILLS GRIT	⊙
11:00	60	M&B	HATHA YOGA	
11:15	30	M	LESMILLS BODYCOMBAT	⊙
12:00	30	M	LESMILLS CXWORX	⊙
12:30	30	M	LESMILLS GRIT	⊙
13:00	30	M	LESMILLS BODYPUMP	⊙
13:30	30	M	LESMILLS BODYBALANCE	⊙
13:30	30	M	LESMILLS GRIT	⊙
13:30	30	M	LESMILLS BODYBALANCE	⊙
16:00	30	G	HIIT (11-15 YEAR OLDS)	
16:00	30	M	LESMILLS BODYBALANCE	⊙
16:00	30	M	LESMILLS BODYBALANCE	⊙
16:30	60	M	LESMILLS BODYCOMBAT	⊙
17:30	30	M	LESMILLS GRIT	⊙
18:00	60	M	LESMILLS BODYPUMP	
18:15	45	S	COACH BY COLOUR	
19:00	45	M	clubbercise	
19:00	30	G	HIIT	
19:45	30	M	LESMILLS BODYBALANCE	⊙
20:30	90	M	AIKIDO*	

## Friday

TIME	D	S	CLASS	
06:15	30	M	LESMILLS GRIT	⊙
06:45	30	G	BOXFIT	
06:45	30	M	LESMILLS BODYBALANCE	⊙
07:15	30	M	LESMILLS CXWORX	⊙
07:45	30	M	LESMILLS GRIT	⊙
08:15	60	M	LESMILLS BODYPUMP	⊙
09:15	45	M&B	PILATES	
09:30	45	M	AEROBICS	
10:30	30	M	HIIT	
11:00	60	M	LESMILLS BODYBALANCE	⊙
12:00	30	M	LESMILLS BODYPUMP	⊙
12:30	30	M	LESMILLS GRIT	⊙
13:00	30	M	LESMILLS BODYCOMBAT	⊙
13:45	30	M	LESMILLS BODYPUMP	⊙
14:15	30	M	LESMILLS CXWORX	⊙
16:00	60	M	LESMILLS BODYCOMBAT	⊙
17:00	60	M	LESMILLS BODYPUMP	⊙
18:00	30	M	STEP	
18:00	45	S	CYCLE CIRCUITS	
18:45	60	M&B	HATHA YOGA	

### LESMILLS VIRTUAL

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
- P** Pool
- Virtual Class
- Carries Additional Cost

### Colour codes

- Cardio
- Strength & Toning
- Core/Flexibility

## Saturday

TIME	D	S	CLASS	
08:30	30	M	LESMILLS BODYCOMBAT	⊙
09:00	45	S	SPIN	
09:00	60	M	LESMILLS BODYPUMP	
09:00	60	M	YOGA	
10:00	30	M	HIIT	
11:00	30	M	LESMILLS GRIT	⊙
11:30	30	M	LESMILLS GRIT	⊙
12:00	60	M	LESMILLS BODYBALANCE	⊙

TIME	D	S	CLASS	
13:00	30	M	LESMILLS BODYCOMBAT	⊙
13:45	30	M	LESMILLS CXWORX	⊙
14:15	30	M	LESMILLS BODYBALANCE	⊙
15:00	60	M	LESMILLS BODYPUMP	⊙
16:00	30	M	LESMILLS CXWORX	⊙
16:30	60	M	LESMILLS BODYBALANCE	⊙
17:30	30	M	LESMILLS BODYCOMBAT	⊙
18:00	30	M	LESMILLS GRIT	⊙

## Sunday

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

TIME	D	S	CLASS	
13:30	30	M	LESMILLS BODYCOMBAT	⊙
14:00	30	M	LESMILLS BODYPUMP	⊙
14:30	90	M	AIKIDO*	
17:00	60	M	LESMILLS BODYBALANCE	⊙

Non member can attend and pay £8