

Monday

TIME	D	CLASS	S
06.15	45m	LES MILLS BODYPUMP	M
06.45	30m	HIIT	Y
07.15	30m	LES MILLS CXWORX	M
08.00	30m	LES MILLS GRIT CARDIO	M
09.30	30m	Coach By Colour	S
09.30	45m	Curvalicious	Y
10.30	45m	clubbercise	M
11.30	30m	LES MILLS BODYBALANCE	M
12.15	30m	LES MILLS BODYCOMBAT	M
13.00	30m	LES MILLS GRIT ATHLETIC	M
13.00	45m	Aqua Aerobics	P
13.45	30m	LES MILLS BODYPUMP	M
14.30	30m	LES MILLS CXWORX	M
15.15	60m	LES MILLS BODYBALANCE	M
17.30	30m	HIIT	M
18.00	45m	Coach By Colour	S
18.00	45m	Body Pump	Y
19.00	45m	Aqua Aerobics	P
19.00	45m	clubbercise	M
19.30	60m	Hatha Yoga	Y
20.00	45m	LBT	M

Tuesday

TIME	D	CLASS	S
06.15	30m	LES MILLS GRIT ATHLETIC	M
06.45	45m	Spin	S
07.00	30m	LES MILLS CXWORX	M
07.45	30m	LES MILLS BODYBALANCE	M
08.30	30m	LES MILLS BODYCOMBAT	M
09.15	45m	Pilates	M
09.15	45m	Body Pump	Y
10.15	45m	LBT	Y
11.15	45m	clubbercise	M
12.15	30m	LES MILLS BODYPUMP	M
13.00	30m	LES MILLS GRIT STRENGTH	M
13.45	30m	LES MILLS BODYCOMBAT	M
14.30	30m	LES MILLS BODYBALANCE	M
16.00	30m	HIIT (11-15 year olds)	M
17.15	30m	LES MILLS BODYCOMBAT	M
18.00	45m	Booty Gainz	Y
18.00	45m	Spin	S
18.00	45m	Combat	M
19.00	30m	HIIT	M
19.15	60m	Pilates	Y

Wednesday

TIME	D	CLASS	S
06.45	30m	HIRT	Y
07.30	30m	LES MILLS BODYCOMBAT	M
08.15	30m	LES MILLS CXWORX	M
09.30	30m	Spin	S
09.30	45m	Booty Gainz	Y
10.30	45m	Zumba	M
11.30	30m	LES MILLS BODYPUMP	M
12.15	30m	LES MILLS GRIT CARDIO	M
13.00	30m	LES MILLS CXWORX	M
13.45	30m	LES MILLS BODYCOMBAT	M
14.30	60m	LES MILLS BODYBALANCE	M
17.15	30m	LES MILLS GRIT STRENGTH	M
18.00	30m	HIIT	Y
18.00	30m	Spin	S
18.30	45m	Mobility	M
18.45	30m	360 Conditioning	SQ
18.45	45m	Body Pump	Y
19.30	60m	Pilates	M
19.45	45m	Curvalicious	Y

Thursday

TIME	D	CLASS	S
06.15	30m	LES MILLS GRIT STRENGTH	M
06.45	45m	Coach By Colour	S
07.00	60m	LES MILLS BODYBALANCE	M
08.15	30m	LES MILLS BODYPUMP	M
09.15	45m	clubbercise	M
09.30	30m	HIIT	Y
10.15	45m	Curvalicious	Y
11.15	60m	Hatha Yoga	Y
11.15	30m	LES MILLS BODYCOMBAT	M
12.00	30m	LES MILLS GRIT STRENGTH	M
12.45	30m	LES MILLS BODYPUMP	M
13.30	30m	LES MILLS BODYBALANCE	M
16.00	30m	HIIT (11-15 year olds)	M
17.15	30m	LES MILLS GRIT ATHLETIC	M
18.00	45m	Pump	Y
18.15	45m	Spin	S
19.00	30m	HIIT	Y
19.00	45m	Zumba	M
20.00	60m	LES MILLS BODYBALANCE	M

Friday

TIME	D	CLASS	S
06.15	30m	LES MILLS BODYCOMBAT	M
06.45	30m	HIIT	Y
07.00	30m	LES MILLS BODYPUMP	M
07.45	30m	LES MILLS CXWORX	M
08.30	30m	LES MILLS GRIT ATHLETIC	M
09.15	45m	Pilates	Y
09.30	45m	Aerobics	M
10.30	30m	HIRT	Y
11.30	30m	LES MILLS BODYBALANCE	M
12.15	30m	LES MILLS GRIT ATHLETIC	M
13.00	30m	LES MILLS BODYCOMBAT	M
13.45	30m	LES MILLS BODYPUMP	M
14.30	30m	LES MILLS CXWORX	M
16.45	60m	LES MILLS BODYPUMP	M
18.00	30m	Step	Y
18.00	45m	Cycle Circuits	S
18.45	60m	Hatha Yoga	Y

LES MILLS 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.

Saturday

TIME	D	CLASS	S
08.15	30m	LES MILLS BODYCOMBAT	M
09.00	45m	Spin	S
09.00	45m	LES MILLS BODYPUMP	Y
11.00	30m	LES MILLS GRIT STRENGTH	M
11.45	30m	LES MILLS GRIT CARDIO	M

TIME	D	CLASS	S
12.30	60m	LES MILLS BODYBALANCE	M
13.45	30m	LES MILLS BODYCOMBAT	M
14.30	30m	LES MILLS CXWORX	M
15.15	30m	LES MILLS BODYBALANCE	M
16.00	60m	LES MILLS BODYPUMP	M
17.15	30m	LES MILLS GRIT ATHLETIC	M

Sunday

TIME	D	CLASS	S
08.30	60m	LES MILLS BODYPUMP	M
09.30	45m	Spin and Abs	S
09.45	30m	LES MILLS GRIT CARDIO	M
10.30	30m	HIIT	Y
13.00	30m	LES MILLS BODYBALANCE	M
13.45	30m	LES MILLS BODYCOMBAT	M

TIME	D	CLASS	S
14.30	30m	LES MILLS BODYPUMP	M
17.00	60m	LES MILLS BODYBALANCE	M

Key Codes

D Duration

S Studio

G - Gym

M - Main Studio

P - Pool

S - Spin Studio

SQ - Squash Court

Y - Yogada

Virtual Class

Colour Codes

Cardio

Strength & Toning

Core / Flexibility

Non-members can attend and pay £10