

## Monday

TIME	D	CLASS	S
06.15	45m	LES MILLS BODYPUMP	⊙ M
06.45	30m	HIT	Y
06.45	50m	MyRide Studio Coach	⊙ S
07.15	30m	LES MILLS CXWORX	⊙ M
08.00	30m	LES MILLS GRIT   CARDIO	⊙ M
09.30	30m	MyRide Tour Coach	⊙ S
09.30	45m	Curvalicious	Y
10.30	45m	Box'n'Beats NEW!	M
11.30	30m	LES MILLS BODYBALANCE	⊙ M
12.15	30m	MyRide Studio Coach	⊙ S
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
18.00	45m	Indoor Cycling Coach By Colour	S
18.00	45m	Combat NEW!	Y
18:00	45m	LES MILLS BODYPUMP	⊙ M
19.00	45m	Aqua Aerobics	P
19.00	50m	MyRide Tour Coach	⊙ S
19.00	30m	HIRT NEW!	G
19.30	60m	Hatha Yoga	Y

## Tuesday

TIME	D	CLASS	S
06.15	30m	LES MILLS GRIT   ATHLETIC	⊙ M
06.45	45m	Indoor Cycling	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	Pump	Y
09.30	30m	MyRide Studio Coach	⊙ S
10.15	45m	LBT	Y
11.15	45m	Mobility	Y
12.15	30m	MyRide Tour Coach	⊙ S
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 BODYPUMP	⊙ M
17.30	30m	HIIT	Y
18.00	45m	Indoor Cycling ICG Connect	S
18.00	45m	clubberise	M
18.15	45m	Pump NEW!	Y
19.15	60m	Pilates	Y

## Wednesday

TIME	D	CLASS	S
06.15	30m	LES MILLS GRIT   CARDIO	⊙ M
06.45	30m	HIRT	Y
06.45	50m	MyRide Tour Coach	⊙ S
07.30	30m	LES MILLS BODYCOMBAT	⊙ M
08.15	30m	LES MILLS CXWORX	⊙ M
09.30	45m	Combat NEW!	Y
10.30	45m	Zumba	M
11.30	30m	LES MILLS BODYPUMP	⊙ M
12.15	30m	MyRide Studio Coach	⊙ S
12.15	30m	LES MILLS GRIT   CARDIO	⊙ M
13.00	30m	LES MILLS CXWORX	⊙ M
13.00	45m	Aqua Aerobics NEW!	P
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	Torched	G
18.00	30m	Indoor Cycling	S
18.00	45m	Combat NEW!	Y
18.30	45m	Mobility	M
19.00	30m	Bootcamp NEW!	Y
19.00	50m	MyRide Studio Coach	⊙ S
19.45	60m	Yang to Yin Yoga NEW!	Y

## Thursday

TIME	D	CLASS	S
06.15	30m	LES MILLS GRIT   STRENGTH	⊙ M
06.45	45m	Indoor Cycling Coach by Colour	S
07.00	60m	LES MILLS BODYBALANCE	⊙ M
08.15	30m	LES MILLS BODYPUMP	⊙ M
09.15	45m	clubberise	M
09.15	45m	Pilates	Y
09.30	30m	MyRide Tour Coach	⊙ S
10.15	45m	Bootcamp NEW!	Y
11.15	60m	Hatha Yoga	Y
11.15	30m	LES MILLS BODYCOMBAT	⊙ M
12.00	30m	LES MILLS GRIT   STRENGTH	⊙ M
12.15	30m	MyRide Tour Coach	⊙ S
12.45	30m	LES MILLS BODYPUMP	⊙ M
13.30	30m	LES MILLS BODYBALANCE	⊙ M
17.15	30m	LES MILLS GRIT   ATHLETIC	⊙ M
18.00	45m	Pump	Y
18.15	45m	Indoor Cycling	S
19.00	30m	BoxFit NEW!	Y
19.00	45m	Zumba	M

## Friday

TIME	D	CLASS	S
06.15	30m	LES MILLS BODYCOMBAT	⊙ M
06.45	30m	BoxFit NEW!	Y
06.45	50m	MyRide Studio Coach	⊙ S
07.00	30m	LES MILLS BODYPUMP	⊙ M
07.45	30m	LES MILLS CXWORX	⊙ M
08.30	30m	LES MILLS GRIT   ATHLETIC	⊙ M
09.30	30m	MyRide Studio Coach	⊙ S
10.00	45m	Aerobics	Y
11.30	30m	LES MILLS BODYBALANCE	⊙ M
12.15	30m	MyRide Studio Coach	⊙ S
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	45m	Cycle Circuits	S
18.00	60m	Hatha Yoga	Y
19.00	50m	MyRide Tour Coach	⊙ S

### 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	Indoor Cycling	S
09.00	45m	Combat NEW!	Y
11.00	30m	LES MILLS GRIT   STRENGTH	⊙ M
11.45	30m	LES MILLS GRIT   CARDIO	⊙ M
12.15	30m	MyRide Tour Coach	⊙ S

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
16.00	50m	MyRide Tour Coach	⊙ S
17.15	30m	LES MILLS GRIT   ATHLETIC	⊙ M

## Sunday

TIME	D	CLASS	S
08.30	60m	LES MILLS BODYPUMP	⊙ M
09.45	30m	LES MILLS GRIT   CARDIO	⊙ M
10.30	30m	HIIT	Y
12.15	30m	MyRide Studio Coach	⊙ S
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
16.00	60m	MyRide Studio Coach	⊙ S
17.00	60m	LES MILLS BODYBALANCE	⊙ M

### Key Codes

- D Duration
- S Studio
- G - Gym
- M - Main Studio
- P - Pool
- S - Spin Studio
- Y - Yoga

⊙ Virtual Class

### Colour Codes

- Cardio
- Strength & Toning
- Core / Flexibility

Non-members can attend and pay £10