

# Class Timetable

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:30 - 12:00	6:15 - 7:00 Spin Studio	LES MILLS RPM	6:30 - 7:15 Main Studio	BODY PUMP Mandy	6:15 - 7:00 Spin Studio	LES MILLS RPM	6:15 - 7:00 Spin Studio	LES MILLS RPM	8:30 - 9:15 Spin Studio	LES MILLS RPM	9:00 - 9:45 Main Studio	BODY PUMP		
		7:30 - 8:15 Spin Studio	LES MILLS RPM	7:30 - 8:15 Spin Studio	LES MILLS RPM	7:30 - 8:15 Spin Studio	LES MILLS RPM	7:30 - 8:15 Spin Studio	LES MILLS RPM	7:30 - 8:15 Spin Studio	LES MILLS RPM	10:00 - 10:45 Spin Studio	SPIN Cheryl	10:00 - 10:30 Main Studio	HIIT
		9:30 - 10:15 Spin Studio	SPIN Cath	9:30 - 10:15 Spin Studio	SPIN Olga	9:30 - 10:15 Main Studio	BODY PUMP Mat W	9:30 - 10:15 Spin Studio	SPIN Graham	9:30 - 10:15 Main Studio	CLUBBERCISE Katie	11:00 - 12:00 Main Studio	YOGA Cheryl M	10:30 - 11:00 Spin Studio	LES MILLS RPM
		10:30 - 11:15 Main Studio	GLUTE CAMP Sam	10:30 - 11:15 Main Studio	LBT Olga	10:15 - 11:00 Main Studio	BODY COMBAT Mat W	10:30 - 11:30 Main Studio	YOGA Jill	10:30 - 11:30 Main Studio	BODY PUMP Katie				
		11:30 - 12:30 Main Studio	YOGA Jill	10:30 - 11:00 Functional Zone	FUNCTIONAL FIT	10:30 - 11:15 Spin Studio	LES MILLS RPM	10:30 - 11:00 Functional Zone	FUNCTIONAL FIT	11:00 - 11:45 Spin Studio	LES MILLS RPM				
MIDDAY	12:00 - 15:00	12:15 - 12:45 Functional Zone	FUNCTIONAL FIT	12:15 - 13:00 Spin Studio	LES MILLS RPM	12:15 - 12:45 Functional Zone	FUNCTIONAL FIT	12:15 - 13:00 Spin Studio	LES MILLS RPM	12:15 - 12:45 Functional Zone	FUNCTIONAL FIT	12:15 - 13:00 Spin Studio	LES MILLS RPM	12:15 - 13:00 Spin Studio	LES MILLS RPM
		14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM	14:00 - 14:45 Spin Studio	LES MILLS RPM
		15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM	15:00 - 15:45 Spin Studio	LES MILLS RPM
EVENING	17:00 - 21:00	17:30 - 18:15 Spin Studio	SPIN Roz E	18:00 - 18:45 Spin Studio	SPIN Cheryl	17:30 - 18:15 Spin Studio	SPIN Mandy	17:45 - 18:15 Main Studio	HIIT Mat W	17:30 - 18:15 Functional Zone	BOOTCAMP				
		18:30 - 19:15 Main Studio	BODY COMBAT Mandy	19:00 - 19:45 Main Studio	GLUTE CAMP Sam	18:30 - 19:15 Main Studio	BODY PUMP Mandy	18:25 - 19:05 Main Studio	BODY PUMP Mat W	18:30 - 19:15 Spin Studio	LES MILLS RPM				
		19:30 - 20:30 Main Studio	BODY PUMP Mandy	20:00 - 21:00 Main Studio	YOGA Maliga	19:30 - 20:15 Spin Studio	LES MILLS RPM	19:15 - 20:00 Main Studio	BODY COMBAT Mat W						
		20:00 - 20:45 Spin Studio	LES MILLS RPM	20:00 - 20:45 Spin Studio	LES MILLS RPM			20:15 - 21:00 Spin Studio	LES MILLS RPM						

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.

- CARDIO
- STRENGTH & CONDITIONING
- INTERVAL
- MIND & BODY
- LESMILLS VIRTUAL

