

HOLIDAY CLASS TIMETABLE DEC



MON 22ND TUES 23RD WED 24TH THURS 25TH FRI 26TH SAT 27TH SUN 28TH

CHRISTMAS DAY - CLOSED

7.00 - 8.00am
LES MILLS
BODYPUMP
VIRTUAL

8.00 - 8.45am
LES MILLS
BODYBALANCE
VIRTUAL

8.30 - 9.15am
LES MILLS
RPM®
DAVE

9.00 - 9.45am
AQUA
CHRIS

9.15 - 10.15am
LES MILLS
BODYPUMP
BEN

10.30 - 11.15am
AQUA
JOVI

10.30 - 11.30am
LES MILLS
BODYBALANCE
PAULA L

11.45 - 12.30pm
SENIOR CIRCUIT
GENEA

12.00 - 12.30pm
SPRINT
VIRTUAL

1.15 - 2.15pm
YOGA
HANNAH

4.00 - 5.00pm
LES MILLS
BODYBALANCE
VIRTUAL

5.30 - 6.00pm
LES MILLS
BODYPUMP
ANNETTE

5.45 - 6.30pm
LES MILLS
RPM® BEGINNER
DAVE

6.00 - 6.30pm
LES MILLS
CORE
ANNETTE

7.00 - 8.00am
LES MILLS
BODYBALANCE
VIRTUAL

7.30 - 8.30am
STRENGTH AND
CONDITIONING
ERIKA IN HPC

8.15 - 8.45am
LES MILLS
GRIT® SERIES
VIRTUAL

8.30 - 9.15am
LES MILLS
RPM®
PAULA L

9.00 - 9.45am
AQUA
CHRIS

9.15 - 9.45am
LES MILLS
BODYPUMP
BEN

9.45 - 10.15am
LES MILLS
CORE
BEN

10.30 - 11.30am
LES MILLS
BODYBALANCE
VIRTUAL

1.00 - 2.00pm
PILATES
ERIN

2.15 - 3.15pm
YOGA
HANNAH

4.00 - 4.45pm
LES MILLS
BODYPUMP
JUSTINE

4.45 - 5.30pm
RPM
VIRTUAL

5.15 - 5.45pm
LES MILLS
GRIT® SERIES
NICOLA

5.30 - 6.30pm
BOXFIT
ANDREW IN HPC

5.30 - 6.15pm
AQUA
GENEA

6.00 - 6.30pm
LES MILLS
CORE
BEN

6.00 - 6.45pm
THE TRIP
VIRTUAL

7.00 - 8.00am
LES MILLS
BODYBALANCE
VIRTUAL

7.30 - 8.30am
LES MILLS
RPM® ENDURO
KATHY

8.00 - 8.45am
LES MILLS
BODYPUMP
VIRTUAL

9.15 - 10.15am
LES MILLS
BODYPUMP
NICOLA

10.30 - 11.30am
LES MILLS
BODYBALANCE
VIRTUAL

11.45 - 12.30pm
SENIOR CIRCUIT
GENEA

12.00 - 12.30pm
SPRINT
VIRTUAL

1.00 - 2.00pm
PILATES
ERIN

4.00 - 5.00pm
YOGA
ALICE

5.30 - 6.30pm
LES MILLS
BODYPUMP
VIRTUAL

5.45 - 6.30pm
LES MILLS
RPM®
DAVE

7.00 - 8.00am
LES MILLS
BODYBALANCE
VIRTUAL

8.00 - 8.45am
LES MILLS
BODYPUMP
VIRTUAL

9.15 - 10.00am
LES MILLS
RPM®
DAVE/PAULA L

9.15 - 9.45am
LES MILLS
BODYPUMP
BEN

9.45 - 10.15am
LES MILLS
CORE
BEN

10.30 - 11.30am
LES MILLS
BODYBALANCE
PAULA L

12.00 - 12.30pm
SPRINT
VIRTUAL

4.00 - 5.00pm
LES MILLS
BODYBALANCE
VIRTUAL

4.45 - 5.30pm
RPM
VIRTUAL

5.30 - 6.30pm
LES MILLS
BODYPUMP
BEN

6.00 - 6.45pm
THE TRIP
VIRTUAL

7.15 - 8.15am
LES MILLS
RPM® ENDURO
DAVE

7.30 - 8.00am
LES MILLS
GRIT® SERIES
VIRTUAL

8.15 - 8.45am
LES MILLS
CORE
VIRTUAL

9.00 - 9.45am
AQUA
GENEA

9.00 - 10.00am
LES MILLS
BODYPUMP
BEN

10.15 - 11.15am
LES MILLS
BODYBALANCE
VIRTUAL

3.00 - 3.45pm
LES MILLS
BODYPUMP
VIRTUAL

4.00 - 5.00pm
LES MILLS
BODYBALANCE
VIRTUAL

4.45 - 5.30pm
RPM
VIRTUAL

5.15 - 6.00pm
LES MILLS
DANCE
VIRTUAL

6.00 - 6.45pm
THE TRIP
VIRTUAL

7.30 - 8.00am
LES MILLS
GRIT® SERIES
VIRTUAL

8.00 - 8.30am
LES MILLS
CORE
VIRTUAL

9.00 - 10.00am
LES MILLS
BODYPUMP
VIRTUAL

9.15 - 10.00am
LES MILLS
RPM®
PAULA L

10.15 - 11.15am
LES MILLS
BODYBALANCE
PAULA L

3.00 - 3.45pm
LES MILLS
BODYPUMP
VIRTUAL

4.00 - 5.00pm
YOGA
ALICE

4.45 - 5.30pm
RPM
VIRTUAL

5.15 - 6.00pm
LES MILLS
DANCE
VIRTUAL

6.00 - 6.45pm
THE TRIP
VIRTUAL

*CLASSES ARE FREE FOR ASPIRE MEMBERS