

# GROUP FITNESS TIMETABLE



MON	TUES	WED	THURS	FRI	SAT	SUN
5.15 - 5.45am <b>LES MILLS BODYPUMP</b> VIRTUAL	5.15 - 5.45am <b>LES MILLS CORE</b> VIRTUAL	5.15 - 5.45am <b>LES MILLS BODYPUMP</b> VIRTUAL	5.15 - 5.45am <b>LES MILLS GRIT® SERIES</b> VIRTUAL	5.15 - 5.45am <b>LES MILLS BODYPUMP</b> VIRTUAL		
6.00 - 6.45am <b>LES MILLS RPM®</b> KATRINA	6.00 - 6.30am <b>LES MILLS SPRINT</b> RUTH	6.00 - 6.45am <b>LES MILLS RPM®</b> KATHY	6.00 - 6.30am <b>LES MILLS SPRINT</b> RUTH	6.00 - 6.45am <b>LES MILLS RPM®</b> KATHY		
6.00 - 6.30am <b>LES MILLS GRIT® SERIES</b> RUTH	6.00 - 6.45am <b>LES MILLS BODYPUMP</b> BEN/HENRY	6.00 - 6.30am <b>LES MILLS GRIT® SERIES</b> RUTH	6.00 - 6.45am <b>LES MILLS BODYPUMP</b> BEN/HENRY	6.00 - 6.30am <b>LES MILLS CORE</b> ANNETTE		
7.00 - 8.00am <b>LES MILLS BODYPUMP</b> VIRTUAL	7.00 - 8.00am STRENGTH AND CONDITIONING ERIKA IN HPC	6.45 - 7.45am <b>PILATES</b> KATIE	7.00 - 8.00am STRENGTH AND CONDITIONING ERIKA IN HPC	7.00 - 8.00am <b>LES MILLS BODYBALANCE</b> VIRTUAL	7.15 - 8.15am <b>LES MILLS RPM® ENDURO</b> KATRINA	
8.00 - 8.45am <b>LES MILLS BODYBALANCE</b> VIRTUAL	7.00 - 8.00am <b>LES MILLS BODYBALANCE</b> VIRTUAL	7.00 - 7.45am <b>RPM</b> VIRTUAL	7.00 - 8.00am <b>LES MILLS BODYBALANCE</b> VIRTUAL	8.00 - 8.45am <b>LES MILLS BODYPUMP</b> VIRTUAL	7.30 - 8.00am <b>LES MILLS GRIT® SERIES</b> VIRTUAL	7.30 - 8.00am <b>LES MILLS GRIT® SERIES</b> VIRTUAL
8.30 - 9.15am <b>SPINFIT</b> TASH	8.15 - 8.45am <b>LES MILLS GRIT® SERIES</b> VIRTUAL	8.00 - 8.45am <b>LES MILLS CORE</b> VIRTUAL	8.15 - 8.45am <b>LES MILLS GRIT® SERIES</b> VIRTUAL		8.15 - 8.45am <b>LES MILLS CORE</b> VIRTUAL	8.00 - 8.30am <b>LES MILLS CORE</b> VIRTUAL
	8.30 - 9.15am <b>LES MILLS RPM®</b> KATHY		8.30 - 9.15am <b>AQUA</b> JOVI	8.30 - 9.15am <b>AQUA</b> MARISOL		
9.00 - 9.45am <b>AQUA</b> MARISOL	9.00 - 9.45am <b>AQUA</b> MARISOL	9.00 - 9.45am <b>AQUA</b> MARIA	8.30 - 9.15am <b>RPM</b> VIRTUAL	8.30 - 9.15am <b>LES MILLS RPM®</b> DAVE		9.00 - 10.00am <b>LES MILLS BODYPUMP</b> VIRTUAL
9.15 - 10.15am <b>LES MILLS BODYPUMP</b> KIRSTIE	9.15 - 9.45am <b>LES MILLS BODYSTEP</b> KIRSTIE	9.15 - 10.15am <b>LES MILLS BODYPUMP</b> KIRSTIE	9.15 - 10.00am <b>LES MILLS PUMP/CORE</b> KIRSTIE	9.15 - 9.45am <b>LES MILLS BODYSTEP</b> KIRSTIE	9.00 - 10.00am <b>LES MILLS BODYPUMP</b> JUSTINE/HENRY	9.15 - 10.00am <b>LES MILLS RPM®</b> DAVE
10.30 - 11.15am <b>AQUA</b> JOVI	9.45 - 10.15am <b>LES MILLS CORE</b> KIRSTIE	10.30 - 11.15am <b>AQUA</b> KATIE	10.15 - 11.00am <b>LES MILLS BODYBALANCE</b> VIRTUAL	9.45 - 10.15am <b>LES MILLS CORE</b> KIRSTIE	10.15 - 11.15am <b>LES MILLS BODYBALANCE</b> VIRTUAL	10.15 - 11.15am <b>LES MILLS BODYBALANCE</b> VIRTUAL
10.30 - 11.30am <b>LES MILLS BODYBALANCE</b> KIRSTIE	10.30 - 11.30am <b>LES MILLS BODYBALANCE</b> VIRTUAL	10.30 - 11.30am <b>LES MILLS BODYBALANCE</b> KIRSTIE		10.30 - 11.15am <b>AQUA</b> MARIA		
11.45 - 12.30pm STRENGTH AND BALANCE PAULA S	1.00 - 2.00pm <b>PILATES</b> PAULA S	11.45 - 12.30pm STRENGTH AND BALANCE PAULA S	11.45 - 12.30pm STRENGTH AND BALANCE PAULA S	10.30 - 11.30am <b>LES MILLS BODYBALANCE</b> KIRSTIE		
12.00 - 12.30pm <b>SPRINT</b> VIRTUAL	2.15 - 3.15pm <b>YOGA</b> HANNAH	12.00 - 12.30pm <b>SPRINT</b> VIRTUAL	12.00 - 12.45pm <b>THE TRIP</b> VIRTUAL	12.00 - 12.30pm <b>SPRINT</b> VIRTUAL		
1.15 - 2.15pm <b>YOGA</b> HANNAH	4.00 - 4.45pm <b>LES MILLS BODYPUMP</b> JUSTINE	1.00 - 2.00pm <b>PILATES</b> SARAH		1.00 - 2.00pm <b>PILATES</b> PAULA S		
4.00 - 5.00pm <b>LES MILLS BODYBALANCE</b> VIRTUAL	4.45 - 5.30pm <b>RPM</b> VIRTUAL				3.00 - 3.45pm <b>LES MILLS BODYPUMP</b> VIRTUAL	3.00 - 3.45pm <b>LES MILLS BODYPUMP</b> VIRTUAL
5.30 - 6.00pm <b>LES MILLS BODYPUMP</b> ANNETTE	5.15 - 5.45pm <b>LES MILLS GRIT® SERIES</b> NICOLA	4.00 - 5.00pm <b>YOGA</b> JUSTINE	4.00 - 5.00pm <b>YOGA</b> HANNAH	4.00 - 5.00pm <b>LES MILLS BODYBALANCE</b> VIRTUAL	4.00 - 5.00pm <b>LES MILLS BODYBALANCE</b> VIRTUAL	4.00 - 5.00pm <b>YOGA</b> ANA
5.45 - 6.30pm <b>LES MILLS RPM® BEGINNER</b> DAVE	5.30 - 6.30pm <b>BOXFIT</b> ANDREW IN HPC	5.30 - 6.30pm <b>LES MILLS BODYPUMP</b> NICOLA	5.30 - 6.30pm <b>LES MILLS BODYPUMP</b> JUSTINE	4.45 - 5.30pm <b>RPM</b> VIRTUAL	4.45 - 5.30pm <b>RPM</b> VIRTUAL	4.45 - 5.30pm <b>RPM</b> VIRTUAL
6.00 - 6.30pm <b>LES MILLS CORE</b> ANNETTE	6.00 - 6.30pm <b>LES MILLS CORE</b> BEN	5.45 - 6.30pm <b>LES MILLS RPM®</b> DAVE		5.30 - 6.30pm <b>LES MILLS BODYPUMP</b> BEN	5.15 - 6.00pm <b>LES MILLS DANCE</b> VIRTUAL	5.15 - 6.00pm <b>LES MILLS DANCE</b> VIRTUAL
6.15 - 7.00pm <b>AQUA</b> JO	6.00 - 6.45pm <b>THE TRIP</b> VIRTUAL	6.15 - 6.45pm <b>AQUA</b> JO	6.00 - 6.45pm <b>THE TRIP</b> VIRTUAL	6.00 - 6.45pm <b>THE TRIP</b> VIRTUAL	6.00 - 6.45pm <b>THE TRIP</b> VIRTUAL	6.00 - 6.45pm <b>THE TRIP</b> VIRTUAL
6.45 - 7.30pm <b>LES MILLS DANCE</b> VIRTUAL	6.15 - 7.00pm <b>AQUA</b> JO	6.45 - 7.15pm <b>SPRINT</b> VIRTUAL	6.40 - 7.25pm <b>LES MILLS BODYBALANCE</b> JUSTINE			
6.45 - 7.15pm <b>SPRINT</b> VIRTUAL	6.40 - 7.40pm <b>PILATES</b> ANA	6.45 - 7.45pm <b>LES MILLS BODYBALANCE</b> VIRTUAL	7.00 - 7.45pm <b>THE TRIP</b> VIRTUAL	6.45 - 7.30pm <b>LES MILLS DANCE</b> VIRTUAL		

\* CLASSES ARE FREE FOR ASPIRE MEMBERS