

GROUP FITNESS TIMETABLE



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

*CLASSES ARE FREE FOR ASPIRE MEMBERS