

FITNESS CLASS TIMETABLE

Pilates

Aqua Zumba

Legs, Bums & Tums

BodyBalanceTMLESMILLS

Legs, Bums & Tums

BodyPump™

Aqua Aerobics

Gentle Exercise

Total Abs

Yoga

Pilates

Boxercise

7.30am – 8.15am

8.45am – 9.30am

9.30am – 10.15am

10.30am - 11.15am

10.30am - 11.30am

11.30am – 12.15pm

12.30pm – 2pm

5.15pm – 6pm

6.15pm – 7pm

7pm - 7.45pm

7.15pm – 8pm

8.15pm – 9pm

From 1 January 2019

LesMILLS BODYPUN Dance Studio

Pool

Pool

Monday

9.30am – 10.15am	Salsasize	Dance Studio
10.30am – 11.15am	Legs, Bums & Tums	Dance Studio
11.30am – 12.15pm	Pilates	Dance Studio
12.30pm – 1.30pm	Yoga	Dance Studio
4.30pm – 5pm	Abs Blast	Gym Floor
5.15pm – 6pm	Yoga	Dance Studio
6.15pm – 7pm	Legs, Bums & Tums	Dance Studio
7.15pm – 8pm	BodyCombat TM LESMILLS BODYCOMBAT	Dance Studio
7.15pm – 8pm	Bootcamp	Sports Hall
8.15pm – 9pm	Kettlebells	Dance Studio

Tuesday

9.30am – 10.15am	Zumba	Dance Studio
10.30am – 11.15am	BodyPump TM LESMILLS BODYPUMP	Dance Studio
11.00am – 12.00pm	Gentle Exercise	Dance Studio
11.30am – 12.15pm	Pilates	Dance Studio
12.30am – 1.15pm	Fitball	Dance Studio
5.15pm – 6pm	BodyPump TM LESMILLS BODYPUMP	Dance Studio
6.15pm – 7pm	BodyCombat TM LESMILLS BODYCOMBAT	Dance Studio
7.15pm – 8pm	Step	Dance Studio
7.30pm – 8.15pm	Aqua Aerobics	Pool

Wednesday

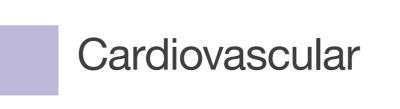
7.00am – 7.30am	Synergy Circuit	Gym Floor
9.30am – 10.15am	Zumba	Dance Studio
10.30am – 11.15am	Pilates	Dance Studio
11.30am – 12.15pm	BodyTone	Dance Studio
12.30pm – 1.15pm	Tai-Chi	Dance Studio
3pm – 3.45pm	Aqua Aerobics	Pool
5.15pm – 6pm	BodyCombat TM LESMILLS BODYCOMBAT	Dance Studio
6.15pm – 7pm	Kettlebells	Dance Studio
7pm – 7.30 pm	Abs Blast	Gym Floor
7.15pm – 8pm	Yoga	Dance Studio
8.15pm – 9pm	Body Conditioning	Dance Studio

Thursday

Key

Dance	Holistic









Friday

7.00am – 7.30am	Synergy Circuit	Gym Floor
8.45am – 9.30am	Aqua Aerobics	Pool
9.15am – 10am	Zumba	Dance Studio
10.15am – 11am	Fitball	Dance Studio
11.15am – 12.45pm	Yoga	Dance Studio
1.15pm – 2pm	Pilates	Dance Studio
5.15pm – 6pm	Zumba	Dance Studio
6.15pm – 7pm	HIIT	Dance Studio

Saturday

8.30am – 9.15am	Dance Fitness	Dance Studio
9.30am – 10.15am	Kettlebells	Dance Studio
10.30am – 11.15am	BodyCombat TM LESMILLS BODYCOMBAT	Dance Studio
11.30am – 12.15pm	BodyBalance TM LESMILLS BODYBALANCE	Dance Studio
12.30pm – 1.15pm	BodyPump TM LESMILLS BODYPUMP	Dance Studio

Sunday

8.30am – 9.15am	Pilates	Dance Studio
9.30am – 10.15am	BodyCombat TM LESMILLS BODYCOMBAT	Dance Studio
12pm – 12.30pm	Abs Blast	Gym Floor

For all Studio Cycling and RPM classes please refer to the Studio One timetable.