

# FITNESS AND DANCE CLASSES

## 16 JUNE TO 4 AUGUST

Book and cancel all classes through your online account.

In-person instructor class in the dance studio

Virtual instructor class in the dance studio

Group Exercise in the halls at the Sports Centre



### MONDAY

<b>LES MILLS RPM</b> 7.45am Virtual 50'	<b>LES MILLS BODYBALANCE</b> 9am Virtual 45'	<b>LES MILLS BODYCOMBAT</b> 10am Virtual 45'	Vinyasa Yoga 12.15pm Annette 45'	Self Defence 1.15pm Jim 45'	<b>LES MILLS BODYATTACK</b> 2.30pm Virtual 45'	<b>LES MILLS CORE</b> 4.30pm Virtual 30'	<b>ZUMBA fitness</b> 5.30pm Jeni 50'	Pure Pilates 6.30pm Hayley 45'	<b>LES MILLS BODYCOMBAT</b> 7.30pm Virtual 45'
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### TUESDAY

<b>LES MILLS BODYCOMBAT</b> 7.45am Virtual 45'	<b>LES MILLS CORE</b> 9am Virtual 30'	Core and More (in the main hall) 10.30am Jim 45'	Pure Pilates 12.15pm Liz 45'	Core and More 1.15pm Reece 45'	<b>LES MILLS SH'BAM</b> 4.30pm Virtual 45'	<b>LES MILLS BODYPUMP</b> 5.30pm Naomi 50'	<b>LES MILLS BODYBALANCE</b> 6.30pm Naomi 50'	<b>LES MILLS barre</b> 7.30pm Virtual 30'
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### WEDNESDAY

<b>LES MILLS BODYBALANCE</b> 7.45am Virtual 45'	<b>LES MILLS BODYATTACK</b> 9am Virtual 45'	<b>LES MILLS BODYBALANCE</b> 10am Virtual 45'	<b>ZUMBA fitness</b> 12.15pm Hayley 50'	Pure Pilates 1.15pm Hayley 45'	<b>LES MILLS THE TRIP</b> 2.15pm Virtual 45'	<b>LES MILLS barre</b> 4.30pm Virtual 30'	Hatha Yoga 5.30pm Hayley 45'	Indoor Cycling 6.30pm Hayley / Jim 45'	<b>LES MILLS SH'BAM</b> 7.30pm Virtual 45'
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### THURSDAY

<b>LES MILLS BODYATTACK</b> 7.45am Virtual 45'	<b>LES MILLS BODYBALANCE</b> 9am Virtual 45'	<b>LES MILLS sprint</b> 10am Virtual 30'	Body Blast 12.15pm Gina 45'	Power Pilates 1.15pm Gina 45'	Core and More (in the main hall) 5pm Jim 45'	Dance Mix 5.30pm Kealy 45'	Pilates, Bands, and Balls 6.30pm Kealy 45'	<b>LES MILLS sprint</b> 7.30pm Virtual 30'
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### FRIDAY

<b>LES MILLS THE TRIP</b> 7.30am Virtual 45'	<b>LES MILLS RPM</b> 9am Virtual 50'	<b>LES MILLS barre</b> 10am Virtual 30'	<b>LES MILLS BODYPUMP</b> 12.15pm Naomi 50'	<b>LES MILLS BODYBALANCE</b> 1.15pm Naomi 50'	<b>LES MILLS barre</b> 4pm Virtual 30'	Power Pilates 5.30pm Gina 45'	Legs, Bums, and Tums 6.30pm Gina 45'	<b>LES MILLS SH'BAM</b> 7.30pm Virtual 45'
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### SATURDAY

<b>LES MILLS SH'BAM</b> 11.30am Virtual 45'	<b>LES MILLS RPM</b> 12.30pm Virtual 50'	<b>LES MILLS BODYATTACK</b> 2pm Virtual 45'	<b>LES MILLS CORE</b> 3pm Virtual 30'	<b>LES MILLS barre</b> 4pm Virtual 30'
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### SUNDAY

<b>LES MILLS BODYBALANCE</b> 11am Virtual 45'	<b>LES MILLS THE TRIP</b> 12.15pm Virtual 45'	<b>LES MILLS barre</b> 1.15pm Virtual 30'	<b>LES MILLS BODYCOMBAT</b> 2pm Virtual 45'	<b>LES MILLS CORE</b> 3pm Virtual 30'
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