

FITNESS AND DANCE CLASSES

5 AUGUST TO 22 SEPTEMBER


















Book and cancel all classes through your online account.



In-person instructor
class in the dance
studio

Virtual instructor
class in the dance
studio

















MONDAY

 LES MILLS RPM 7.45am Virtual 50' 	 LES MILLS BODYBALANCE 9am Virtual 45' 	 LES MILLS BODYCOMBAT 10am Virtual 45' 	Hatha Yoga 12.15pm Hayley 45' 	Indoor Cycling 1.15pm Jim 45' 	 LES MILLS BODYATTACK 2.30pm Virtual 45' 	 LES MILLS CORE 4.30pm Virtual 30' 	 ZUMBA fitness 5.30pm Jeni 50' 	Pure Pilates 6.30pm Hayley 45' 	 LES MILLS BODYCOMBAT 7.30pm Virtual 45' 
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TUESDAY

 LES MILLS BODYCOMBAT 7.45am Virtual 45' 	 LES MILLS CORE 9am Virtual 30' 	Pure Pilates 12.15pm Liz 45' 	Core and More 1.15pm Reece 45' 	 LES MILLS SH'BAM 4.30pm Virtual 45' 	 LES MILLS BODYPUMP 5.30pm Naomi 50' 	 LES MILLS BODYBALANCE 6.30pm Naomi 50' 	 LES MILLS barre 7.30pm Virtual 30' 
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WEDNESDAY

 LES MILLS BODYBALANCE 7.45am Virtual 45' 	 LES MILLS BODYATTACK 9am Virtual 45' 	 LES MILLS BODYBALANCE 10am Virtual 45' 	Stretch, Tone, and Relax 12.15pm Jeni 45' 	Express Cycling 1.15pm Team 30' 	 LES MILLS THE TRIP 2.15pm Virtual 45' 	 LES MILLS barre 4.30pm Virtual 30' 	Hatha Yoga 5.30pm Hayley 45' 	Indoor Cycling 6.30pm Hayley 45' 	 LES MILLS SH'BAM 7.30pm Virtual 45' 
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THURSDAY

 LES MILLS BODYATTACK 7.45am Virtual 45' 	 LES MILLS BODYBALANCE 9am Virtual 45' 	 LES MILLS sprint 10am Virtual 30' 	Body Blast 12.15pm Gina 45' 	Power Pilates 1.15pm Gina 45' 	Dance Mix 5.30pm Kealy 45' 	Pilates, Bands, and Balls 6.30pm Kealy 45' 	 LES MILLS sprint 7.30pm Virtual 30' 
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FRIDAY

 LES MILLS THE TRIP 7.30am Virtual 45' 	 LES MILLS RPM 9am Virtual 50' 	 LES MILLS barre 10am Virtual 30' 	 LES MILLS BODYPUMP 12.15pm Naomi 50' 	Yogalates 1.15pm Naomi 45' 	 LES MILLS barre 4pm Virtual 30' 	Circuits 5.30pm Team 45' 	 LES MILLS SH'BAM 6.30pm Virtual 45' 
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SATURDAY

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

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