

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	7:45 - 12:00	9:30 - 10:30 MAIN STUDIO	BOXING CIRCUITS	9:30 - 10:15 MAIN STUDIO	FULL BODY WORKOUT	8:00 - 8:30 MAIN STUDIO	HIIT	8:30 - 9:30 MAIN STUDIO	BOXING CIRCUITS	8:30 - 9:30 MAIN STUDIO	CIRCUITS	9:00 - 10:00 MAIN STUDIO	CIRCUITS	9:00 - 10:00 MAIN STUDIO	BOXING CIRCUITS
		10:30 - 11:30 MAIN STUDIO	CIRCUITS	10:30 - 11:30 MAIN STUDIO	BOXING CIRCUITS	8:30 - 9:30 MAIN STUDIO	CIRCUITS	9:30 - 10:30 MAIN STUDIO	BODY TONE	9:30 - 10:30 MAIN STUDIO	HIIT COMBAT	10:00 - 10:45 MAIN STUDIO	HIIT	9:30 - 10:15 MAIN STUDIO	SPIN
		11:30 - 12:30 MAIN STUDIO	BOOTCAMP	11:30 - 12:30 MAIN STUDIO	BOOTCAMP	9:30 - 10:30 MAIN STUDIO	ZUMBA	10:30 - 11:30 MAIN STUDIO	BODY SHRED	10:30 - 11:30 MAIN STUDIO	CIRCUITS	10:45 - 11:30 MAIN STUDIO	BODY SHRED	10:00 - 11:00 MAIN STUDIO	BODY SHRED
						9:30 - 10:00 GYM FLOOR	CIRCUITS	10:30 - 11:15 SPIN STUDIO	SPIN	11:30 - 12:30 MAIN STUDIO	HIIT	11:30 - 12:30 MAIN STUDIO	BODY BALANCE	11:00 - 12:00 MAIN STUDIO	CIRCUITS
						10:30 - 11:30 MAIN STUDIO	FULL BODY WORKOUT	11:30 - 12:30 MAIN STUDIO	BOXING CIRCUITS						

DAYTIME	12:00 - 17:00	12:30 - 13:30 MAIN STUDIO	HIGH INTENSITY	12:30 - 13:00 MAIN STUDIO	HIGH INTENSITY	13:00 - 13:30 MAIN STUDIO	HIGH INTENSITY	12:30 - 13:30 MAIN STUDIO	HIIT COMBAT	12:00 - 12:30 MAIN STUDIO	HIIT	12:30 - 13:00 MAIN STUDIO	CIRCUITS	12:00 - 12:30 MAIN STUDIO	ABS BLAST
		13:00 - 14:00 MAIN STUDIO	CIRCUITS	13:00 - 14:00 MAIN STUDIO	CIRCUITS	13:30 - 14:30 MAIN STUDIO	BOXING CIRCUITS	13:30 - 14:00 MAIN STUDIO	LBT	13:00 - 13:30 MAIN STUDIO	LBT				12:30 - 13:00 MAIN STUDIO

EVENING	17:00 - 21:00	17:30 - 18:30 MAIN STUDIO	CIRCUITS	17:00 - 18:00 MAIN STUDIO	LBT	17:00 - 17:30 MAIN STUDIO	ABS CIRCUIT	17:00 - 17:30 MAIN STUDIO	POWER BLAST	17:30 - 18:30 MAIN STUDIO	LBT	14:00 - 14:30 MAIN STUDIO	HIIT COMBAT	14:00 - 15:00 MAIN STUDIO	CIRCUITS	
		18:30 - 19:30 MAIN STUDIO	BODY SHRED	18:00 - 18:30 MAIN STUDIO	HIIT COMBAT	17:30 - 18:30 MAIN STUDIO	HIIT	17:30 - 18:00 MAIN STUDIO	ABS BLAST	18:30 - 19:30 MAIN STUDIO	CIRCUITS					
		18:30 - 19:15 SPIN STUDIO	SPIN	18:30 - 19:15 SPIN STUDIO	SPIN	18:30 - 19:30 MAIN STUDIO	YOGA	18:00 - 18:45 SPIN STUDIO	SPIN							
		19:30 - 20:30 MAIN STUDIO	LBT	19:30 - 20:30 MAIN STUDIO	ZUMBA	19:30 - 20:15 SPIN STUDIO	SPIN	18:00 - 18:45 MAIN STUDIO	ZUMBA							
		20:30 - 21:30 MAIN STUDIO	YOGA			19:30 - 20:00 MAIN STUDIO	HIIT	19:00 - 20:00 MAIN STUDIO	BODY BALANCE							
						20:00 - 22:00 MAIN STUDIO	WOMENS SELF DEFENCE AND MIXED MARTIAL ARTS PRIVATE BOOKING									

- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND & BODY
- DANCE



CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE. LES MILLS VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7.