

GROUP FITNESS TIMETABLE

STARTS December 1st 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LES MILLS BODYATTACK Ana (30)	LES MILLS GRIT Elise (30)	LES MILLS CORE Alecia (30)	LES MILLS GRIT Alecia (30)	BOOTCAMP Mark (45)		
6:00am	LES MILLS BODYPUMP Ana (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)				
7:00am						BOOTCAMP Mark (45)	
8:00am						LES MILLS RPM Mel (45)	STEP Clara (45)
8:30am			FUNCTIONAL Jason (30)		LES MILLS BODYATTACK Clara (30)		
9:00am	STEP Alecia (30)	FUNCTIONAL Fariba (30)	BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	YOGA VINYASA FLOW Teresa (60)
	FUNCTIONAL Mark (30)	LES MILLS CORE Alecia (30)					
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODYSCULPT Chris (60)	LES MILLS DANCE Rose (45)		
			YOGA FAST FLOW Christina (60) Spin Studio		HIT CYCLE Mark (30)		
10:15am							
10:30am							
11:00am	Active GOLD Mark (45)	Fall Prevention Roger (45)	Active GOLD Chris (45)		Active GOLD Fariba (45)		
5:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS CORE Jako (30)	LES MILLS GRIT Ana (30)			
6:00pm	Nobby (45 mins)	Ammany (45)	LES MILLS RPM Jako (45)				
6:15pm	BODYSCULPT Chris (45)	LES MILLS BODYPUMP Ammany (55)					
6:30pm		YOGA VINYASA FLOW Teresa (60)	ZUMBA Jo (60)	LES MILLS BODYPUMP Fariba (55)			
7:00pm	ZUMBA Frances (45)						

Please refer to our website for the most updated timetable.



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