

GROUP FITNESS TIMETABLE

STARTS July 7th 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)	LES MILLS BODYBALANCE 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 Shapes Gwen (30)					
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Gwen (45)	LES MILLS BODYPUMP Chris (55)	BODY SCULPT Chris (60)	LES MILLS DANCE Rose (45)		
			YOGA FAST FLOW Christina (60) Spin Studio		HIT CYCLE Alecia (30)		
10:15am		LES MILLS THRIVE Pauline (45)					
10:30am				LES MILLS BODYBALANCE Debra (45)			
11:00am	 Mark (45)	Fall Prevention Roger (45)	LES MILLS THRIVE Chris (45)	getlow Frances 11:15 45 mins	 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)	 BOXFIT			
6:15pm	BODY SCULPT Chris (45)	LES MILLS BODYPUMP Ammany (45)		Fariba (30)			
6:30pm		YOGA VINYASA FLOW Teresa (60)	 ZUMBA Jo (60)	LES MILLS BODYPUMP Fariba (55)			
7:00pm	 Frances (45)						

Please refer to our website for the most updated timetable.



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