

GROUP FITNESS TIMETABLE

STARTS June 1st 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LES MILLS BODYATTACK Ana (30)	LES MILLS GRIT Elise (30)	LES MILLS CORE Alecia (30)	STEP Alecia (30)	BOOTCAMP Mark (45)		
6:00am	LES MILLS BODYPUMP Ana (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP HEAVY Alecia (45)			
7:00am						BOOTCAMP Mark (45)	
8:00am						LES MILLS RPM Mel (45)	STEP Clara (30)
8:30am			FUNCTIONAL Shiva (30)	WALKING GROUP FREE	LES MILLS BODYATTACK Clara (30)		FUNCTIONAL 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)				LES MILLS BODYPUMP HEAVY Mel (55)	
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP HEAVY Chris (55)	BODY SCULPT Chris (60)	LES MILLS DANCE Rose (45)		
			YOGA FAST FLOW Christina (60) Spin Studio		HIT CYCLE Mark (30)		
10:15am		FREESTYLE Pauline (45)					
10:30am				ZUMBA Frances (45)			
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)	LES MILLS BODYATTACK Ana (45)		
6:00pm	Nobby (45 mins)	Ammany (45)	BOXFIT Mark (30)				
6:15pm	BODY SCULPT Chris (55)	LES MILLS BODYPUMP Ammany (55)	LES MILLS RPM Jako (45)	LES MILLS BODYPUMP Fariba (55)			
6:30pm		YOGA VINYASA FLOW Teresa (60)	ZUMBA Jo (60)				
7:15pm							
	ZUMBA Frances (45)						

Please refer to our website for the most updated timetable.



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