

GROUP FITNESS TIMETABLE

STARTS September 28th 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)	LES MILLS GRIT Ana (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			 ZUMBA Silvia (45)	YOGA Samantha (60)	LES MILLS BODYATTACK Clara (45)		 STEP Clara (30)
8:30am			FUNCTIONAL Shiva (30)	WALKING GROUP FREE 		LES MILLS BODYPUMP HEAVY Mel (55)	FUNCTIONAL Clara (30)
9:00am	 STEP Clara (30) FUNCTIONAL Mark (30)	LES MILLS BODYCOMBAT Alecia (30)  FREESTYLE Pauline (60)	 BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP HEAVY Mel (55)	YOGA VINYASA FLOW Teresa (60)
9:30am	LES MILLS BODYPUMP Amanda (55)	FUNCTIONAL Fariba (30)	LES MILLS BODYPUMP HEAVY Chris (55)	BODY SCULPT Chris (60)	LES MILLS DANCE Rose (45)	LES MILLS CORE Mel (30)	
10:15am					FAST FLOW YOGA Christina (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 Nobby (45 mins)	LES MILLS BODYATTACK Ammany (30)	LES MILLS CORE Jako (30)	LES MILLS GRIT Ana (30)	LES MILLS BODYATTACK Ana (45)		
6:00pm		LES MILLS BODYPUMP Ammany (45)	LES MILLS BODYPUMP HEAVY Jako (45)	 BOXFIT Fariba (30)			
6:15pm	BODY SCULPT Chris (45)			LES MILLS BODYPUMP Fariba (55)			
7:00pm	 ZUMBA Frances (45) 7:15pm start	YOGA VINYASA FLOW Teresa (60)	 ZUMBA Jo (60)				

Please refer to our website for the most updated timetable.