



## CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY						
9:45AM-10:15AM AEROBIC STUDIO	BOXFIT	9:45-10AM SPIN STUDIO	SPEED SPIN	9:30-10:15AM AEROBIC STUDIO	L.B.T	9:30AM-10:15AM AROBIC STUDIO	BODYBLAST	9:30AM-10:15AM AROBIC STUDIO	BARBELL STRONG	10:30-11:15AM AEROBIC STUDIO	L.B.T YASS
10:45am-11:15am AEROBIC STUDIO	CORE BLAST	10:30-11:15AM AEROBIC STUDIO	BEGINNERSBLAST	10:45-11:15 AEROBIC STUDIO	CORE BLAST	10:45-11:15 AEROBIC STUDIO	FATBURN	10:45-11:15 AEROBIC STUDIO	H.I.T	12:00PM-1PM AEROBIC STUDIO	YOGA HAROLD
6:30pm-7:30pm SPIN STUDIO	FATBURN	6:30-7:30PM AEROBIC STUDIO	BODY PUMP SOLIDEA	6:30pm-7:30pm AEROBIC STUDIO	ZUMBA	6:30pm-7:30pm AEROBIC STUDIO	L.B.T	6:30PM-7:15PM SPIN STUDIO	SPIN	YASS	
19:30pm-8:00pm SPIN STUDIO	SPIN PETYA	6:30PM-7:00PM SPIN STUDIO	SPEED SPIN YASS	8:00PM-8:30PM	H.I.T	8:00PM-8:45 SPIN STUDIO	SPIN PETYA	8:00PM-8:45 AEROBIC STUDIO	BODYBLAST		
8am-9pm AEROBIC STUDIO	YOGA HAROLD	8:00PM-9:00PM AEROBIC STUDIO	FATBURN								

Virtual classes are now on demand!

All virtual classes are available on demand, LesMills RPM will be located in our spin studio whilst all other LesMills classes will be located in our aerobic studio. Virtual classes will only be available outside of our instructor led classes. Please keep in mind the social distancing regulations.

**Please note:** All classes are at a reduced capacity to abide by government guidelines. We would kindly like to ask all members to not share any of their weights and to please keep government social distancing space between other participants.

To participate in our classes please pre-book your class in advance, members who have not booked their class will not be able to participate. Please make sure you register your attendance for the classes with a member at reception. We have a 3 strike no attendance rule, if you book onto classes and do not remove yourself to allow someone else to book on for 3 consecutive times you will be suspended from booking classes for two weeks.

