



## CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9-9:30AM AEROBIC STUDIO	GYM WORK SHOP MARIUS	9:30-10:15am AEROBIC STUDIO	body blast Joshua	9-9:30AM AEROBIC STUDIO	GYM WORK SHOP MARIUS	9.00-9.45AM AEROBIC STUDIO	LEGS, BUMS & TUMS ARUN	6.45-7.15PM AEROBIC STUDIO	BOOTCAMP JOSHUA	9.15-10.00AM AEROBIC STUDIO	LBT JOSH
10:30-11:00AM AEROBIC STUDIO	ABS KHURRAM	5.30-6.00PM AEROBIC STUDIO	LBT JOE	10:30-11:00AM AEROBIC STUDIO	ABS KHURRAM	12:00-12:30pm AEROBIC STUDIO	GYM WORK SHOP MARIUS			10:15-10:45 AEROBIC STUDIO	GYM WORK SHOP MARIUS
6.15-7.00PM SPIN STUDIO	SPIN OLIVIA	6.30-7.30PM AEROBIC STUDIO	ZUMBA JULIE	6.10-6.55PM SPIN STUDIO	SPIN OLIVIA	6.30-7.30PM AEROBIC STUDIO	ZUMBA JULIE				
6.00-6.30pm AEROBIC STUDIO	HIIT (WEIGHTED) ARUN	6.10-6.55PM SPIN STUDIO	SPIN OLIVIA	7.00-7.45PM AEROBIC STUDIO	TABATA KYLE	6.10-6.55PM SPIN STUDIO	SPIN OLIVIA				
7.00-7.45PM AEROBIC STUDIO	STEP KELLY	8.00-8.45PM AEROBIC STUDIO	HIIT ARUN	8.00-8.30PM AEROBIC STUDIO	CORE AND STRETCH JOSH	7.45-8.15PM AEROBIC STUDIO	MULTI-FIT JOSH & ARUN				
8.15-9.15PM AEROBIC STUDIO	YOGA ALLY										

## Virtual classes are now on demand!

All virtual classes are available on demand, LesMills RPM will be located in our spin studio from 7AM-5.30PM whilst all other LesMills classes will be located in our aerobic studio from 7AM-5.30PM. Virtual classes will only be available outside of our instructor led classes. Please keep in mind the social distancing regulations.

WEEKEND	
7.00AM-5.30PM AEROBIC STUDIO	ON DEMAND VIRTUAL



**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