



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
9:30AM-10:15AM AEROBIC STUDIO	BOXFIT	9:30-10AM SPIN STUDIO	SPEED SPIN	9:30-10:15AM AEROBIC STUDIO	L.B.T	9:30AM-10:15AM AEROBIC STUDIO	BODYBLAST	9:30AM-10:15AM AEROBIC STUDIO	BARBELL STRONG	10:00AM-11AM AEROBIC STUDIO	BODYCOMBAT LISA	12PM-1PM AEROBIC STUDIO	YOGA HAROLD
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.T	<p>Virtual classes are now on demand!</p> <p>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.</p>			
6:30pm-7:30pm SPIN STUDIO	SPEED SPIN	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				
8am-9am AEROBIC STUDIO	YOGA HAROLD	8:00PM-9:00PM AEROBIC STUDIO	FATBURN	8:00PM-8:30PM	H.I.T.T	8:00PM-8:45 SPIN STUDIO	SPIN	8:00PM-8:45 AEROBIC STUDIO	BODYBLAST				

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.



