

MEMBERS - BOOK VIA THE APP

MONDAY

7.00AM - 7.30AM	LES MILLS SPRINT (V)	SPIN STUDIO
7.45AM - 8.15AM	LES MILLS RPM (V)	SPIN STUDIO
8.30AM - 9.00AM	LES MILLS SPRINT (V)	SPIN STUDIO
9.15AM - 9.45AM	LEGS, BUMS, TUMS	MAIN STUDIO
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
11.15AM - 11.45AM	LES MILLS RPM (V)	SPIN STUDIO
11.15AM - 12.30PM	YOGA	MAIN STUDIO
12.15PM - 12.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
1.30PM - 2.00PM	AB BLAST	MAIN STUDIO
5.00PM - 5.30PM	LES MILLS RPM (V)	SPIN STUDIO
5.15PM - 5.45PM	CIRCUITS	MAIN STUDIO
6.00PM - 7.00PM	YOGA	MAIN STUDIO
6.15PM - 7.00PM	LES MILLS THE TRIP (V)	SPIN STUDIO
7.15PM - 7.45PM	LES MILLS BARRE	MAIN STUDIO
7.15PM - 7.45PM	LES MILLS SPRINT (V)	SPIN STUDIO

TUESDAY

7.00AM - 7.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
7.15AM - 7.45AM	HIIT	MAIN STUDIO
9.15AM - 9.45AM	HIIT	MAIN STUDIO
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
10.15AM - 10.45AM	DYNAMIC RESISTANCE	MAIN STUDIO
11.15AM - 11.45AM	LES MILLS RPM (V)	SPIN STUDIO
11.30AM - 12.00PM	AB BLAST	MAIN STUDIO
12.15PM - 12.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
1.30PM - 2.00PM	LEGS, BUMS, TUMS	MAIN STUDIO
5.00PM - 5.30PM	LES MILLS RPM (V)	SPIN STUDIO
5.15PM - 6.00PM	LES MILLS BODYPUMP	MAIN STUDIO
6.15PM - 7.00PM	LES MILLS THE TRIP (V)	SPIN STUDIO
6.30PM - 7.00PM	LES MILLS GRIT	MAIN STUDIO
7.15PM - 7.30PM	LES MILLS SPRINT (V)	SPIN STUDIO
7.15PM - 8.00PM	LES MILLS BODYCOMBAT	MAIN STUDIO

WEDNESDAY

7.00AM - 7.30AM	LES MILLS SPRINT (V)	SPIN STUDIO
7.45AM - 8.15AM	LES MILLS RPM (V)	SPIN STUDIO
8.30AM - 9.00AM	LES MILLS SPRINT (V)	SPIN STUDIO
9.15AM - 10.00AM	LES MILLS BODYPUMP	MAIN STUDIO
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
11.15AM - 11.45AM	LES MILLS RPM (V)	SPIN STUDIO
12.15PM - 12.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
1.30PM - 2.00PM	HIIT KETTLEBELLS	MAIN STUDIO
5.00PM - 5.30PM	LES MILLS RPM (V)	SPIN STUDIO
5.15PM - 5.45PM	REPS FOR STRENGTH	MAIN STUDIO
6.15PM - 6.45PM	SPIN WITH INSTRUCTOR	SPIN STUDIO
7.15PM - 7.45PM	LES MILLS BARRE	MAIN STUDIO

THURSDAY

7.00AM - 7.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
7.15AM - 7.45AM	HIIT	MAIN STUDIO
9.15AM - 9.45AM	HIIT	MAIN STUDIO
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
10.15AM - 10.45AM	LEGS, BUMS, TUMS	MAIN STUDIO
11.15AM - 11.45AM	LES MILLS RPM (V)	SPIN STUDIO
12.15PM - 12.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
1.30PM - 2.00PM	DYNAMIC RESISTANCE	MAIN STUDIO
2.15PM - 3.30PM	YOGA	MAIN STUDIO
5.00PM - 5.30PM	LES MILLS RPM (V)	SPIN STUDIO
5.15PM - 5.45PM	LES MILLS GRIT	MAIN STUDIO
6.00PM - 7.00PM	YOGA	MAIN STUDIO
6.15PM - 7.00PM	LES MILLS THE TRIP (V)	SPIN STUDIO
7.15PM - 8.00PM	LES MILLS BODYPUMP	MAIN STUDIO

FRIDAY

7.00AM - 7.30AM	LES MILLS SPRINT (V)	SPIN STUDIO
7.45AM - 8.15AM	LES MILLS RPM (V)	SPIN STUDIO
8.30AM - 9.00AM	LES MILLS SPRINT (V)	SPIN STUDIO
9.15AM - 9.45AM	LEGS, BUMS, TUMS	MAIN STUDIO
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SPIN STUDIO
10.15AM - 11.00AM	LES MILLS BODYATTACK	MAIN STUDIO
11.15AM - 11.45AM	LES MILLS RPM (V)	SPIN STUDIO
12.15PM - 12.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
1.30PM - 2.00PM	AB BLAST	MAIN STUDIO
5.00PM - 5.30PM	LES MILLS RPM (V)	SPIN STUDIO
5.15PM - 5.45PM	CIRCUITS	MAIN STUDIO
6.15PM - 7.00PM	LES MILLS THE TRIP (V)	SPIN STUDIO
7.15PM - 7.45PM	REPS FOR STRENGTH	MAIN STUDIO

ALTERNATE SATURDAYS

9.00AM - 9.45AM	BODYPUMP	MAIN STUDIO
9.00AM - 9.45AM	REPS FOR STRENGTH	MAIN STUDIO

SATURDAY + SUNDAY

10.15AM - 10.45AM	SPIN WITH INSTRUCTOR	SPIN STUDIO
11.15AM - 12.00PM	LES MILLS THE TRIP (V)	SPIN STUDIO
12.15PM - 12.45PM	CIRCUITS	MAIN STUDIO
1.15PM - 1.45PM	LES MILLS SPRINT (V)	SPIN STUDIO
2.15PM - 2.45PM	HIIT	MAIN STUDIO

CLASSES ARE FREE FOR FITNESS MEMBERS
 CLUB MEMBERS: £5 PER CLASS
 PLEASE ENSURE YOU HAVE CREDIT ON YOUR MEMBER CARD