



#### MONDAY

LES MILLS SPRINT (V) SPIN STUDIO 7.00AM - 7.30AM LES MILLS RPM (V) SPIN STUDIO 7.45AM - 8.15AM LES MILLS SPRINT (V) 8.30AM - 9.00AM SPIN STUDIO 9.15AM - 9.45AM LEGS, BUMS, TUMS MAIN STUDIO LES MILLS THE TRIP (V) SPIN STUDIO 10.00AM - 10.45AM LES MILLS RPM (V) 11.15AM - 11.45AM SPIN STUDIO YOGA 11.15AM - 12.30PM MAIN STUDIO LES MILLS SPRINT (V) 12.15PM - 12.45PM SPIN STUDIO 1.30PM - 2.00PM AB BLAST MAIN STUDIO LES THE TRIP (V) 5.00PM - 5.45PM SPIN STUDIO 5.15PM - 5.45PM **CIRCUITS** MAIN STUDIO YOGA 6.00PM - 7.00PM MAIN STUDIO LES RPM (V) 6.00PM - 6.30PM SPIN STUDIO 7.15PM - 7.45PM LES MILLS BARRE MAIN STUDIO 7.15PM - 7.45PM LES MILLS SPRINT (V) SPIN STUDIO

# **TUESDAY**

LES MILLS THE TRIP (V) SPIN STUDIO 7.00AM - 7.45AM 7.15AM - 7.45AM MAIN STUDIO HIIT 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 MAIN STUDIO 11.30AM - 12.00PM AB BLAST LEGS, BUMS, TUMS 1.30PM - 2.00PM MAIN STUDIO LES MILLS RPM (V) SPIN STUDIO 5.00PM - 5.30PM LES MILLS BODYPUMP MAIN STUDIO 5.15PM - 6.00PM LES MILLS THE TRIP (V) 6.15PM - 7.00PM SPIN STUDIO LES MILLS GRIT 6.30PM - 7.00PM MAIN STUDIO LES MILLS SPRINT (V) SPIN STUDIO 7.15PM - 7.30PM 7.15PM - 8.00PM LES MILLS BODYCOMBAT MAIN STUDIO

#### WEDNESDAY

7.00AM - 7.30AM LES MILLS SPRINT (V) SPIN STUDIO LES MILLS RPM (V) 7.45AM - 8.15AM SPIN STUDIO LES MILLS BODYPUMP 7.45AM - 8.30AM MAIN STUDIO LES MILLS SPRINT (V) SPIN STUDIO 8.45AM - 9.15AM 9.15AM - 10.00AM LES MILLS BODYPUMP MAIN STUDIO 10.00AM - 10.45AM LES MILLS THE TRIP (V) SPIN STUDIO 10.15AM - 11.00AM AEROBICS MAIN STUDIO 11.15AM - 11.45AM LES MILLS RPM (V) SPIN STUDIO 12.15PM - 12.45PM LES MILLS SPRINT (V) SPIN STUDIO 2.00PM - 3.00PM HATHA YOGA MAIN STUDIO HATHA YOGA 3.00PM - 4.00PM MAIN STUDIO LES MILLS RPM (V) 5.00PM - 5.30PM 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**

LES MILLS THE TRIP (V) 7.00AM - 7.45AM 7.15AM - 7.45AM HIIT 9.15AM - 9.45AM **STRENGTH** LES MILLS THE TRIP (V) 10.00AM - 10.45AM LEGS, BUMS, TUMS 10.15AM - 10.45AM LES MILLS RPM (V) 11.15AM - 11.45AM **PILATES** 11.30AM - 12.30PM LES MILLS SPRINT (V) 12.15PM - 12.45PM 1.30PM - 2.00PM DYNAMIC RESISTANCE 2.15PM - 3.30PM YOGA LES MILLS RPM (V) 5.00PM - 5.30PM LES MILLS GRIT 5.15PM - 5.45PM YOGA 6.00PM - 7.00PM LES MILLS THE TRIP (V) 6.00PM - 6.45PM LES MILLS BODYPUMP 7.15PM - 8.00PM

**SPIN STUDIO MAIN STUDIO** MAIN STUDIO SPIN STUDIO **MAIN STUDIO** SPIN STUDIO MAIN STUDIO SPIN STUDIO MAIN STUDIO MAIN STUDIO SPIN STUDIO MAIN STUDIO MAIN STUDIO SPIN STUDIO MAIN STUDIO

### **FRIDAY**

7.00AM - 7.30AM LES MILLS SPRINT (V) SPIN STUDIO 7.15AM - 7.45AM LES MILLS GRIT MAIN STUDIO LES MILLS SPRINT (V) 8.30AM - 9.00AM SPIN STUDIO 9.15AM - 9.45AM LEGS, BUMS, TUMS MAIN STUDIO 10.00AM - 10.45AM LES MILLS THE TRIP (V) SPIN STUDIO LES MILLS BODYATTACK MAIN STUDIO 10.15AM - 11.00AM LES MILLS RPM (V) 11.15AM - 11.45AM SPIN STUDIO HATHA YOGA 11.30 AM - 12.30PM MAIN STUDIO LES MILLS SPRINT (V) 12.15PM - 1.00PM SPIN STUDIO 12.30PM - 1.30PM HATHA YOGA MAIN STUDIO 5.00PM - 5.45PM LES MILLS THE TRIP (V) SPIN STUDIO CIRCUITS MAIN STUDIO 5.15PM - 5.45PM LES MILLS RPM (V) SPIN STUDIO 6.00PM - 6.30PM REPS FOR STRENGTH 7.15PM - 7.45PM MAIN STUDIO

## SATURDAY

9.00AM - 9.45AM 10.00AM - 10.30AM 10.45AM - 11.15AM 11.30AM - 12.15PM 12.45PM - 1.15PM 2.00PM - 2.30PM

BODYPUMP/STRENGTH MAIN STUDIO LES MILLS SPRINT (V) GRIT/HIIT LES MILLS THE TRIP (V) **CIRCUITS** LES MILLS SPRINT (V)

SPIN STUDIO MAIN STUDIO SPIN STUDIO MAIN STUDIO SPIN STUDIO

## SUNDAY

10.00AM - 10.30AM 11.15AM - 12.00PM 12.015PM - 12.45PM 1.15PM - 1.45PM

SPIN WITH INSTRUCTOR SPIN STUDIO LES MILLS THE TRIP (V) SPIN STUDIO **CIRCUITS** MAIN STUDIO LES MILLS SPRINT (V) SPIN STUDIO

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