

KIMBERLEY LEISURE CENTRE Group Exercise Timetable

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 6:45AM - 7:30AM</p> <p> LES MILLS CXWORX 7:45AM - 8:15AM</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:00AM</p> <p> LES MILLS SH'BAM 9:15AM - 10:00AM</p> <p>Low Impact Circuit 10:15AM - 11:15AM</p> <p>Aerobic Circuit 11:15AM - 12:15PM</p> <p> LES MILLS CXWORX 12:30PM - 1:00PM</p> <p>HeartBeats 1:30PM - 2:30PM</p> <p> LES MILLS SH'BAM 3:30PM - 4:00PM</p> <p> LES MILLS CXWORX 4:30PM - 5:00PM</p> <p> LES MILLS BODYCOMBAT 5:30PM - 6:00PM</p> <p>Tone Zone 6:30PM - 7:30PM</p> <p> LES MILLS BODYPUMP 8:00PM - 9:00PM</p>	<p> LES MILLS CXWORX 6:45AM - 7:15AM</p> <p> LES MILLS BODYBALANCE Flexibility 7:30AM - 8:00AM</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:00AM</p> <p>Body Bar 9:15AM - 10:15AM</p> <p> LES MILLS SH'BAM 10:30AM - 11:15AM</p> <p> LES MILLS BODYPUMP 11:30AM - 12:30PM</p> <p>Low Impact Circuit 1:45PM - 2:30PM</p> <p> LES MILLS CXWORX 3:30PM - 4:00PM</p> <p> LES MILLS SH'BAM 4:30PM - 5:00PM</p> <p>Kettlebells 5:30PM - 6:00PM</p> <p>Body Bar 6:00PM - 7:00PM</p> <p>Boxercise 7:30PM - 8:30PM</p> <p> LES MILLS SH'BAM 8:45PM - 9:30PM</p>	<p> LES MILLS SH'BAM 6:45AM - 7:30AM</p> <p> LES MILLS BODYCOMBAT 7:45AM - 8:15AM</p> <p> LES MILLS CXWORX Beginners 8:30AM - 9:00AM</p> <p>Core Stability 9:15AM - 10:15AM</p> <p>Bootcamp 10:15AM - 11:15AM</p> <p> LES MILLS BODYBALANCE Strength 11:30AM - 12:00PM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:00PM</p> <p>Low Impact Circuit 2:00PM - 2:45PM</p> <p> LES MILLS BODYCOMBAT 3:30PM - 4:00PM</p> <p> LES MILLS BODYCOMBAT 4:30PM - 5:00PM</p> <p>Circuits 5:30PM - 6:00PM</p> <p>Kettlebells 6:00PM - 6:30PM</p> <p>Tone Zone 6:30PM - 7:30PM</p> <p>Aeromix 7:30PM - 8:30PM</p> <p> LES MILLS BODYPUMP 8:45PM - 9:30PM</p>	<p>HIIT 7:00AM - 7:30AM</p> <p> LES MILLS BODYPUMP Beginners 7:45AM - 8:15AM</p> <p> LES MILLS SH'BAM 8:30AM - 9:00AM</p> <p> LES MILLS BODYCOMBAT 9:15AM - 10:15AM</p> <p> LES MILLS BODYPUMP 10:30AM - 11:30AM</p> <p> LES MILLS SH'BAM 11:45AM - 12:30PM</p> <p> LES MILLS CXWORX Beginners 1:30PM - 2:00PM</p> <p> LES MILLS BODYBALANCE Flexibility 2:15PM - 2:45PM</p> <p> LES MILLS SH'BAM 3:30PM - 4:00PM</p> <p> LES MILLS SH'BAM 4:30PM - 5:00PM</p> <p> LES MILLS CXWORX 5:30PM - 6:00PM</p> <p>BTT 6:15PM - 7:15PM</p> <p>Bootcamp 7:20PM - 8:20PM</p> <p> LES MILLS SH'BAM Beginners 8:45PM - 9:15PM</p>	<p> LES MILLS BODYCOMBAT 6:45AM - 7:45AM</p> <p> LES MILLS BODYPUMP 8:00AM - 9:00AM</p> <p>Circuits 9:15AM - 10:15AM</p> <p>Kick A.S.S. 10:15AM - 11:15AM</p> <p> LES MILLS CXWORX 11:30AM - 12:00PM</p> <p> LES MILLS BODYBALANCE Flexibility 12:15PM - 12:45PM</p> <p> LES MILLS SH'BAM Beginners 1:30PM - 2:00PM</p> <p> LES MILLS BODYCOMBAT 2:30PM - 3:00PM</p> <p> LES MILLS BODYCOMBAT 3:30PM - 4:00PM</p> <p> LES MILLS CXWORX 4:30PM - 5:00PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:00PM</p> <p> LES MILLS BODYPUMP Beginners 6:45PM - 7:15PM</p> <p> LES MILLS BODYCOMBAT 8:30PM - 9:00PM</p>	<p> LES MILLS BODYPUMP 8:15AM - 8:45AM</p> <p> LES MILLS SH'BAM 9:00AM - 9:45AM</p> <p>BTT 10:00AM - 11:00AM</p> <p> LES MILLS BODYCOMBAT Beginners 8:15AM - 8:45AM</p> <p> LES MILLS BODYBALANCE Flexibility 9:00AM - 9:30AM</p> <p> LES MILLS BODYPUMP 10:00AM - 11:00AM</p> <p> LES MILLS SH'BAM 11:15AM - 11:45AM</p> <p> LES MILLS BODYBALANCE 12:00PM - 1:00PM</p> <p> LES MILLS CXWORX 1:15PM - 1:45PM</p> <p> LES MILLS BODYCOMBAT 2:00PM - 3:00PM</p> <p> LES MILLS BODYBALANCE 6:30PM - 7:30PM</p> <p> LES MILLS CXWORX 7:45PM - 8:15PM</p>	

 **LES MILLS**
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

 **LES MILLS**
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

 **LES MILLS**
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

 **LES MILLS**
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

 **LES MILLS**
SH'BAM
30 MINUTE

Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

KIMBERLEY LEISURE CENTRE

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