

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	LES MILLS BODYPUMP 7:00am - 7:45am**	LES MILLS BODYCOMBAT 7:00am - 8:00am***	LES MILLS GRIT CARDIO 7:00am - 7:30am***	LES MILLS SH'BAM 7:00am - 7:45am**	LES MILLS GRIT STRENGTH 7:00am - 7:30am***	LES MILLS GRIT ATHLETIC 7:00am - 7:30am***	LES MILLS BODYCOMBAT 7:00am - 7:30pm***
8am	LES MILLS GRIT STRENGTH 8:00am - 8:30am***	LES MILLS GRIT ATHLETIC 8:15am - 8:45am***	LES MILLS BODYBALANCE 8:00am - 9:00am**	LES MILLS BODYCOMBAT 8:00am - 8:30am***	LES MILLS BODYBALANCE 8:00am - 9:00am**	LES MILLS BODYCOMBAT 8:00am - 9:00am***	LES MILLS BODYPUMP 8:00am - 9:00am***
9am	LES MILLS BODYCOMBAT 8:45am - 9:45am***	<i>Yoga</i> 9:30am - 10:30am*	LES MILLS SH'BAM 9:15am - 9:45am**	LES MILLS BODYPUMP 8:45am - 9:45am***	LES MILLS GRIT ATHLETIC 9:15am - 9:45am***	LES MILLS BODYBALANCE 9:15am - 9:45am - STRENGTH**	LES MILLS SH'BAM 9:15am - 10:00am**
10am	<i>Low Impact Aerobics</i> 10:00am - 11:00am*	<i>Stretch & Relax</i> 10:45am - 11:30am*	<i>Fitness Pilates</i> 10:00am - 11:00am*	<i>Yoga</i> 10:00am - 11:15am*	<i>Body Conditioning</i> 10:00am - 11:00am*	LES MILLS SH'BAM 10:00am - 10:45am**	<i>Box Fit</i> 10:00am - 11:00am**
11am	<i>Yoga</i> 11:15am - 12:30pm*	<i>Zumba Gold</i> 11:30am - 12:15pm*		<i>Zumba Gold</i> 11:30am - 12:15pm*		LES MILLS GRIT CARDIO 11:00am - 11:30am***	<i>Fitness Fusion</i> 11:15am - 12:15pm**
12pm							LES MILLS BODYPUMP 12:30pm - 1:00pm**
1pm	LES MILLS GRIT CARDIO 1:00pm - 1:30pm***	LES MILLS GRIT STRENGTH 1:00pm - 1:30pm***	LES MILLS GRIT CARDIO 1:00pm - 1:30pm*	LES MILLS BODYPUMP 1:00pm - 1:45pm***	LES MILLS BODYCOMBAT 1:00pm - 2:00pm***		LES MILLS BODYCOMBAT 1:15pm - 1:45pm***
2pm	LES MILLS BODYCOMBAT 2:00pm - 3:00pm***	<i>Low Impact Circuits</i> 2:00pm - 3:00pm*	LES MILLS BODYCOMBAT 1:45pm - 2:45pm***	<i>Low Impact Circuits</i> 2:00pm - 3:00pm*	LES MILLS SH'BAM 2:15pm - 2:45pm*		LES MILLS GRIT STRENGTH 2:00pm - 2:30pm***
3pm	LES MILLS BODYPUMP 3:15pm - 4:00pm**	LES MILLS BODYCOMBAT 3:30pm - 4:00pm***		LES MILLS GRIT STRENGTH 3:30pm - 4:00pm***	LES MILLS BODYPUMP 3:00pm - 4:00pm***		LES MILLS GRIT ATHLETIC 2:45pm - 3:15pm
4pm	LES MILLS SH'BAM 4:15pm - 4:45pm**	LES MILLS GRIT CARDIO 4:15pm - 4:45pm***	LES MILLS BODYCOMBAT 4:10pm - 5:10pm***	LES MILLS BODYPUMP 4:15pm - 4:45pm*		LES MILLS SH'BAM 4:00pm - 4:45pm*	LES MILLS BODYPUMP 3:30pm - 4:30pm***
5pm	LES MILLS BODYPUMP 5:00pm - 5:45pm**	LES MILLS SH'BAM 5:00pm - 5:45pm**	LES MILLS GRIT ATHLETIC 5:25pm - 5:55pm***	LES MILLS BODYCOMBAT 5:00pm - 6:00pm***		LES MILLS GRIT ATHLETIC 5:00pm - 5:30pm***	LES MILLS BODYBALANCE 4:45pm - 5:15pm - FLEXIBILITY**
6pm	<i>Low Impact Aerobics</i> 6:00pm - 7:00pm*	<i>Triathlete Sports Yoga</i> 6:00pm - 7:00pm*	<i>Kettlebells Circuit</i> 6:00pm - 7:00pm**	<i>Bootcamp</i> 6:00pm - 7:00pm**		LES MILLS BODYCOMBAT 6:00pm - 7:00pm***	LES MILLS BODYBALANCE 5:30pm - 6:30pm**
7pm	LES MILLS BODYCOMBAT 7:15pm - 7:45pm***	<i>Bums Tums & Thighs</i> 7:00pm - 8:00pm*	<i>Yoga</i> 7:00pm - 8:00pm*	<i>Low Impact Aerobics</i> 7:00pm - 8:00pm*		LES MILLS BODYBALANCE 7:15pm - 8:15pm**	LES MILLS SH'BAM 6:45pm - 7:30pm*
8pm	<i>Zumba</i> 8:00pm - 9:00pm*	<i>Zumba</i> 8:00pm - 9:00*	<i>Zumba</i> 8:00pm - 9:00pm*				
9pm	LES MILLS BODYBALANCE 9:00pm - 9:30pm - FLEXIBILITY**	LES MILLS BODYBALANCE 9:00pm - 9:30pm - STRENGTH**					

Suitability Key: * Beginners ** Intermediate *** Intermediate / Advanced

Class Descriptions:

- Body Conditioning**
Aerobic based low impact exercise class.
- Bootcamp**
A tough circuit based workout, using a variety of drills, resistance, running and agility movements.
- Box Fit**
Studio boxing fitness class.

- Bums Tums & Thighs**
A conditioning workout that concentrates on bum, tum & thighs.
- Fitness Pilates**
Improves physical strength, flexibility and posture through a system of dynamic exercises.
- Low Impact Aerobics**
Combining cardiovascular and strength training, through simple low impact exercises.

- Stretch & Relax**
Improve your posture and flexibility.
- Virtual Class Instructor**
Icon:
- 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**
Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

- LES MILLS GRIT** | CARDIO
High-intensity interval training that improves cardiovascular fitness.
- LES MILLS GRIT** | ATHLETIC
High-intensity interval training designed to make you perform like an athlete.

- LES MILLS GRIT** | STRENGTH
High-intensity interval training designed to improve strength and build lean muscle.
- LES MILLS SH'BAM**
Fun-loving and insanely addictive dance workout. No dance experience required!

- Yoga**
A system of physical postures, breathing techniques and relaxation.
- Zumba**
A fusion of dance styles including merengue, salsa, cumbia and reggaeton to hypnotic Latin rhythms.
- Zumba Gold**
A slow paced fusion of dance styles including; merengue, salsa, cumbia and reggaeton to hypnotic Latin rhythms.