

MONDAY

LES MILLS SPRINT (V) 7.00AM - 7.30AM SPIN STUDIO LES MILLS RPM (V) 7.45AM - 8.15AM SPIN STUDIO 8.30AM - 9.00AM LES MILLS SPRINT (V) SPIN STUDIO LEGS, BUMS, TUMS 9.15AM - 9.45AM MAIN STUDIO LES MILLS THE TRIP (V) 10.00AM - 10.45AM SPIN STUDIO LES MILLS RPM (V) 11.15AM - 11.45AM SPIN STUDIO 11.15AM - 12.30PM YOGA MAIN STUDIO LES MILLS SPRINT (V) 12.15PM - 12.45PM 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 **YOGA** 6.00PM - 7.00PM MAIN STUDIO 6.15PM - 7.00PM LES MILLS THE TRIP (V) SPIN STUDIO LES MILLS BARRE **MAIN STUDIO** 7.15PM - 7.45PM LES MILLS SPRINT (V) 7.15PM - 7.45PM SPIN STUDIO

TUESDAY

LES MILLS THE TRIP (V) SPIN STUDIO 7.00AM - 7.45AM 7.15AM - 7.45AM **MAIN STUDIO** HIIT HIIT MAIN STUDIO 9.15AM - 9.45AM 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 LES MILLS SPRINT (V) 12.15PM - 12.45PM SPIN STUDIO 1.30PM - 2.00PM LEGS, BUMS, TUMS **MAIN STUDIO** LES MILLS RPM (V) 5.00PM - 5.30PM SPIN STUDIO **MAIN STUDIO** 5.15PM - 6.00PM LES MILLS BODYPUMP 6.15PM - 7.00PM LES MILLS THE TRIP (V) SPIN STUDIO 6.30PM - 7.00PM LES MILLS GRIT MAIN STUDIO LES MILLS SPRINT (V) SPIN STUDIO 7.15PM - 7.30PM LES MILLS BODYCOMBAT MAIN STUDIO 7.15PM - 8.00PM

WEDNESDAY

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

THURSDAY

7.00AM - 7.45AM 7.15AM - 7.45AM 9.15AM - 9.45AM 10.00AM - 10.45AM 10.15AM - 10.45AM 11.15AM - 11.45AM 12.15PM - 12.45PM 1.30PM - 2.00PM 2.15PM - 3.30PM 5.00PM - 5.30PM 5.15PM - 5.45PM 6.00PM - 7.00PM 6.15PM - 7.00PM 7.15PM - 8.00PM

LES MILLS THE TRIP (V)
HIIT
HIIT
LES MILLS THE TRIP (V)
LEGS, BUMS, TUMS
LES MILLS RPM (V)
LES MILLS SPRINT (V)
DYNAMIC RESISTANCE
YOGA
LES MILLS RPM (V)
LES MILLS GRIT
YOGA
LES MILLS THE TRIP (V)
LES MILLS BODYPUMP

SPIN STUDIO
MAIN STUDIO
MAIN STUDIO
SPIN STUDIO
SPIN STUDIO
SPIN STUDIO
MAIN STUDIO

FRIDAY

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