

WELLNESS STUDIO

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
6.30 AM	REFORMER	REFORMER	REFORMER	PILATES	REFORMER	REFORMER	
7.30 AM	REFORMER				REFORMER	REFORMER	
8.30 AM	RESTORATIVE YOGA		LES MILLS SHAPES	REFORMER	RESTORATIVE YOGA	LES MILLS SHAPES	REFORMER
9.30 AM	PILATES	LES MILLS BODYBALANCE	YOGA	PILATES	BEGINNER YOGA	YOGA	YOGA
10.30 AM	YOGA	YOGA	LES MILLS BODYBALANCE	STRETCH & RELEASE	YOGA		
4.45 PM	PILATES	REFORMER	REFORMER	YOGA			
5.00 PM					STRETCH & RELEASE		
5.45 PM	LES MILLS BODYBALANCE	PILATES	YOGA	PILATES	RESTORATIVE YOGA		

THE STUDIO | OUTDOOR | GYM FLOOR

5.30 AM	HIIT 30		LES MILLS STRENGTH DEVELOPMENT	HIIT 30			
6.00 AM	TOTAL ABS	LES MILLS BODYPUMP & OUTDOOR WARRIORS		TOTAL ABS	LES MILLS BODYPUMP		
7.00 AM						HYBRID HIIT	
7.30 AM	HEALTHY + ACTIVE		HEALTHY + ACTIVE		HEALTHY + ACTIVE		
8.30 AM	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
9.30 AM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP & STRONG 30 (*G)	LES MILLS BODYCOMBAT	HIIT 30	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT EXPRESS
10.30 AM						ZUMBA	
4.00 PM	STRONG 30	HIIT 30					
4.45 PM		LES MILLS BODYCOMBAT					
5.00 PM	LES MILLS BODYPUMP 45 MINS	STRONG 30 (*G)	LES MILLS BODYPUMP 45 MINS & OUTDOOR WARRIORS				
5.45 PM		LES MILLS BODYPUMP 45 MINS		LES MILLS BODYSTEP			
6.00 PM			HIIT 30				
6.45PM		ZUMBA		LES MILLS STRENGTH DEVELOPMENT			

CYCLE STUDIO

5.30 AM	LES MILLS SPRINT	LES MILLS RPM			LES MILLS SPRINT		
6.30 AM			CYCLE 30				
7.30 AM						LES MILLS RPM	
8:30 AM							LES MILLS RPM
9.00 AM				LES MILLS RPM			
9.30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS SPRINT		CYCLE 30		
5.00 PM			LES MILLS SPRINT				
5.15 PM	LES MILLS RPM EXPRESS						

GROUP FITNESS TIMETABLE

PLEASE NOTE: (*G) classes are held on the Gym Floor.
See our app for instructor details and to stay up to date with class changes.