

Morning

Afternoon

Evening

Monday

Metafit™
06:45 - 07:15
Studio 1

LES MILLS BODYPUMP
08:50 - 09:35
Studio 1

Metafit™
09:00 - 09:30
Sports Hall

Aqua Zumba®
09:30 - 10:30
Swimming Pool

STRONG by Zumba™
09:40 - 10:25
Studio 1

LES MILLS BODYCOMBAT
09:40 - 10:25
Studio 2

Club Pedal X
10:00 - 10:45
Studio 3

Pilates
10:30 - 11:15
Studio 2

LES MILLS BODYPUMP
10:30 - 11:15
Studio 1

Bootcamp
10:30 - 11:30
Outdoors

Tuesday

Pedal X 30
07:00 - 07:30
Studio 3

LES MILLS BODYBALANCE
08:50 - 09:35
Studio 1

LES MILLS GRIT
09:00 - 09:30
Studio 2

Aqua Aerobics
09:30 - 10:30
Swimming Pool

Body Conditioning
09:40 - 10:25
Studio 1

Pound®
09:40 - 10:25
Studio 2

Club Pedal X
09:45 - 10:30
Studio 3

Core Circuits
10:30 - 11:15
Studio 1

Zumba®
10:30 - 11:15
Studio 2

Nifty Fifties
11:20 - 12:20
Studio 1

Yoga
11:20 - 12:50
Studio 2

Wednesday

Metafit™
06:45 - 07:15
Studio 1

Aqua Aerobics
08:40 - 09:25
Swimming Pool

STRONG by Zumba™
08:50 - 09:35
Studio 2

Club Pedal X
08:45 - 09:30
Studio 3

LES MILLS GRIT
09:00 - 09:30
Studio 1

Zumba®
09:35 - 10:20
Studio 2

LES MILLS BODYPUMP
09:35 - 10:20
Studio 1

Metafit™
09:45 - 10:15
Sports Hall

Pedal X 45
10:20 - 11:05
Studio 3

Yoga
10:30 - 12:00
Studio 2

Buggy Blitz
10:30 - 11:15
Sports Hall

LES MILLS BODYCOMBAT
10:30 - 11:30
Studio 1

Thursday

Pedal X 30
07:00 - 07:30
Studio 3

LES MILLS BODYPUMP
08:50 - 09:35
Studio 1

Club Pedal X
09:30 - 10:15
Studio 3

Zumba® Toning
09:35 - 10:20
Studio 2

LES MILLS BODYCOMBAT
09:40 - 10:40
Studio 1

Pound®
10:30 - 11:15
Studio 2

Nifty Fifties
10:45 - 11:45
Studio 1

Pedal X 45
11:00 - 11:45
Studio 3

LES MILLS BODYBALANCE
11:30 - 12:30
Studio 2

Friday

Metafit™
06:45 - 07:15
Studio 1

Pound®
08:50 - 09:35
Studio 2

LES MILLS BODYPUMP
08:50 - 09:50
Studio 1

Club Pedal X
09:30 - 10:15
Studio 3

Zumba®
09:40 - 10:25
Studio 2

LES MILLS BODYCOMBAT
09:55 - 10:55
Studio 1

Pedal X 45
10:30 - 11:15
Studio 3

LES MILLS BODYPUMP
10:30 - 11:30
Studio 2

Aqua Zumba®
10:35 - 11:20
Swimming Pool

Pilates
11:30 - 12:30
Studio 1

LES MILLS BODYBALANCE
11:40 - 12:25
Studio 2

Saturday

LES MILLS BODYPUMP
08:30 - 09:30
Studio 1

FLEXI-BAR®
08:50 - 09:35
Studio 2

Pedal X 45
09:00 - 09:45
Studio 3

Step Intermediate
09:40 - 10:25
Studio 1

Pound®
09:40 - 10:25
Studio 2

Zumba®
10:30 - 11:15
Studio 1

Metafit™
10:30 - 11:00
Sports Hall

Pedal X 45
10:30 - 11:15
Studio 3

Ashtanga Yoga
11:30 - 13:00
Studio 1

Sunday

LES MILLS BODYPUMP
08:30 - 09:30
Studio 1

Circuits
10:30 - 11:30
Sports Hall

Pedal X 45
11:15 - 12:00
Studio 3