

TIMETABLE

Be a part of something GREAT!

STUDIO 1 DOWNSTAIRS		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.00am		OUTDOOR BOOTCAMP	LESMILLS BODYPUMP		LESMILLS BODYPUMP		
	7.30am						OUTDOOR BOOTCAMP	
	8.30am						LESMILLS BODYBALANCE	YOGA
	9.15am	CARDIO BLAST	LESMILLS BODYCOMBAT	FIT & FAB	FAT BURNER	LESMILLS BODYPUMP		
	9.30am						CARDIO BLAST	LESMILLS BODYPUMP
	10.35am	LESMILLS BODYPUMP	ZUMBA FITNESS	LESMILLS BODYPUMP		ZUMBA FITNESS		
	4.15pm		ACTIVE KIDS		ACTIVE KIDS			
	5.30pm	LESMILLS BODYPUMP	FIT & FAB	LESMILLS BODYPUMP		LESMILLS BODYCOMBAT	<p>FOR YOUR COMFORT PLEASE BRING A TOWEL AND WATER BOTTLE TO CLASSES</p>	
	6.30pm	FAT BURNER	S.A.S.	YOGA	S.A.S.			
7.30pm	PILATES	LESMILLS BODYBALANCE	ZUMBA FITNESS	LESMILLS BODYBALANCE				

STUDIO 2 UPSTAIRS		MON	TUES	WED	THURS	FRI	SAT
	9.15am				OUTDOOR BOOTCAMP	POUND FITNESS	
	10.30am						BOXERCISE
	10.35am	LESMILLS BODYBALANCE	YOGA	LESMILLS BODYBALANCE	YOGA	LESMILLS BODYBALANCE	
	6.00pm			BOXERCISE			
	7.30pm	BOXERCISE					

ACTIVE
FIT
HEALTHY LIVING
Family
LOVE
smile
Friends
FUN
LifeStyle

BIKE STUDIO UPSTAIRS		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	LESMILLS RPM	LESMILLS RPM		LESMILLS RPM			
	8.30am						LESMILLS RPM	LESMILLS RPM
	9.15am	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM		
	6.30pm	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM			

POOL		MON	TUE	WED	THU	FRI
	11.00am	AQUA				
	11.30am			AQUA YOGILATES		
	12.15pm		AQUA	AQUA	AQUA	AQUA
	6.15pm		AQUA	AQUA	AQUA H.I.T.T.	

FREE CLASS

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Expires 30/08/2016

* Conditions may apply. Please see club for full details.

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