

OFF PEAK BETWEEN 9.00AM & 5.00PM WEEKDAYS & WEEKENDS

07.00 07.15 07.30 07.45 08.00 08.15 08.30 08.45 09.00 09.15 09.30 09.45 10.00 10.15 10.30 10.45 11.00 11.15 11.30 11.45 12.00 12.15 12.30 12.45 13.00 13.15 13.30 13.45 14.00 14.15 14.30 14.45 15.00 15.15 15.30 15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20.30 20.45 21.00 21.15

Day	Studio	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15
MON	S1	GRIT												BODY ENERGISE												BODYPUMP		BODY BALANCE		GRIT																													
	S2											FOREVER FIT		KETTLE BELLS												FIT BACK		PILATES		DD MIX																													
	SPIN																					KEISER I.C.*												VIBE				KEISER I.C.*																					
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	POWER YOGA		19:30	19:45	20:00	20:15	20:30	20:45	21:00						
TUES	S1											GRIT		DD MIX												GRIT												BODYTONE		BOOGIE BOUNCE**		CLUBBER' CISE																	
	S2											LBT		KETTLE BELLS		XPRESS BALANCE														KETTLE BELLS		LBT		BOXERCISE																									
	SPIN	KEISER I.C.*																VIBE												KEISER I.C.*		KEISER I.C.*		VIBE																									
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	YOGA		20:45	21:00							
WED	S1											last session Wed 18th Oct		BOOGIE BOUNCE**		XPRESS B'PUMP														CLUBBER' CISE		GRIT		FITNESS PILATES																									
	S2	KETTLE BELLS												BODY TONE														XTREME ABS		LBT		BOXERCISE																											
	SPIN	KEISER I.C.*												KEISER I.C.*												KEISER & ABS												KEISER I.C.*		KEISER I.C.*																			
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	YOGA		19:45	20:00	20:15	20:30	20:45	21:00							
THURS	S1											BODYSHOCK														XTREME BOOTCAMP		BODYPUMP		BOXERCISE																													
	S2													KETTLE BELLS														FITNESS PILATES		KETTLE BELLS																													
	SPIN											KEISER I.C.*												VIBE														VIBE																					
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	YOGA		20:45	21:00							
FRI	S1											BODYPUMP																XPRESS B'PUMP																															
	S2											FOREVER FIT		XTREME ABS																																													
	SPIN	KEISER I.C.*																KEISER I.C.*												KEISER I.C.*																													
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	BODY BALANCE		20:15	20:30	20:45	21:00					
SAT	S1											GRIT		BODYPUMP																																													
	S2											BODYBALANCE																																															
	SPIN											KEISER I.C.*												KEISER I.C.*																																			
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45											
SUN	S1											GRIT		XPRESS B'PUMP																																													
	S2											BODY ENERGISE		BODY BALANCE																																													
	SPIN											KEISER I.C.*												VIBE CYCLE																																			
	S4	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45																							



Look out for our Christmas timetable release at the end of November!

- S1 - STUDIO 1
- S2 - STUDIO 2
- SPIN - INDOOR CYCLING STUDIO
- S4 - STUDIO 4 (2ND FLOOR)

*We kindly ask that you arrive 5-10 mins earlier for Indoor Cycling classes to allow for set up.
 **Boogie Bounce is a 45 minute class, the additional time is for setting up and packing away the trampolines.

LES MILLS GRIT Les Mills Grit Classes: comprise of 3 workouts Grit Strength, Grit Cardio and Grit Plyo see the reverse for more info...

★ GLOWSTICKS: Glowsticks available to purchase £4 from reception