

Group Fitness Timetable

	M	T	W	T	F	S
VIP	6.00 SPIN + ABS (55)	6.00 Yoga (55)	6.00 SPIN (55)	6.00 LESMILLS BODYPUMP (45)	6.00 SPIN (45)	8.00 LESMILLS BODYPUMP (45)
	6.30 CORE Pilates (30)		6.30 LESMILLS GRIT STRENGTH (30)	7.00 SPIN (30)		8.00 SPIN (45)
MORNING	9.30 SPIN (45)	9.30 LESMILLS BODYPUMP (55)	9.30 STEP (55)	9.30 SPIN (55)	9.30 LESMILLS BODYPUMP (55)	9.15 Yoga (55)
	10.35 LESMILLS BODYBALANCE (55)	11.00 use it or lose it (45)	10.35 Yoga (55)		10.35 LESMILLS BODYBALANCE (55)	
LUNCH	12.15 Pilates (55)	12.15 LESMILLS BODYBALANCE (55)	12.15 LESMILLS BODYPUMP (30)	12.15 CORE Pilates (30)	12.15 Yoga (55)	
EVENING	5.30 LESMILLS BODYPUMP (55)	5.30 LESMILLS GRIT CARDIO (30)	5.30 SPIN + ABS (55)	5.30 LESMILLS BODYBALANCE (55)	5.30 Restorative Yoga (55)	
	5.30 SPIN (55)	6.05 Yoga (55)	5.30 Pilates (55)			
	6.35 Yoga (55)					

Please note: VIP classes are only available to 24hr pass holder. If you would like to add 24hr access to your membership please enquire with reception.
 Current as of 15.7.19
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