

Group Fitness Timetable

24 HR ACCESS (via Buxton)	VIRTUAL	Staffed Hours: 9-6, M-F
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Current From:

5/05/22

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:30am	LESMILLS BODYCOMBAT 5:30 AM - 6:00 AM	LESMILLS BODYBALANCE 5:20 AM - 5:55 AM	LESMILLS BODYCOMBAT 5:30 AM - 6:00 AM	LESMILLS BODYPUMP 5:20 AM - 5:50 AM			
6:00am	SPIN 6:00 AM - 6:45 AM LIVE	LESMILLS BODYPUMP 5:55 AM - 6:25 AM	SPIN 6:00 AM - 6:45 AM	LESMILLS BODYBALANCE 5:55 AM - 6:25 AM	SPIN 6:00 AM - 6:45 AM LIVE		
6:30am		LESMILLS CORE 6:30 AM - 7:00 AM	LIVE	LESMILLS CORE 6:30 AM - 7:00 AM			
7:00am	LESMILLS CORE 6:45 AM - 7:00 AM						
7:30am	LESMILLS BODYPUMP 7:10 AM - 7:55 AM		LESMILLS BODYBALANCE 7:10 AM - 7:55 AM		LESMILLS BODYCOMBAT 7:10 AM - 7:55 AM	LESMILLS BODYATTACK 7:10 AM - 7:40 AM	LESMILLS BODYPUMP 7:10 AM - 7:55 AM
8:00am						SPIN LIVE 8:00 AM - 8:45 AM	LESMILLS BODYCOMBAT 8:00 AM - 8:45 AM
8:30am						LESMILLS BODYPUMP LIVE 8:00 AM - 8:45 AM	
9:00am						YOGA 9:00 AM - 10:15 AM LIVE	LESMILLS BODYATTACK 8:55 AM - 9:40 AM
9:30am	LESMILLS BODYBALANCE 9:15 AM - 10:10 AM LIVE	LESMILLS BODYPUMP 9:15 AM - 10:10 AM LIVE	LESMILLS BODYATTACK 9:15 AM - 10:00 AM	SPIN LIVE 9:15 AM - 10:00 AM LESMILLS BODYBALANCE LIVE 9:15 AM - 10:00 AM	LESMILLS BODYPUMP 9:15 AM - 10:10 AM LIVE		
10:00am				LESMILLS CORE 10:05 AM - 10:35 AM			LESMILLS CORE 9:50 AM - 10:20 AM
10:30am	PILATES 10:20 AM - 10:50 AM LIVE	LESMILLS BODYCOMBAT 10:20 AM - 11:05 AM	YOGA 10:20 AM - 11:15 AM LIVE	LESMILLS BODYCOMBAT 10:40 AM - 11:10 AM	LESMILLS BODYATTACK 10:20 AM - 11:05 AM	LESMILLS BODYCOMBAT 10:30 AM - 11:15 AM	LESMILLS BODYBALANCE 10:30 AM - 11:30 AM
11:00am	YOGA 11:00 AM - 11:55 AM LIVE	Use it or Lose it		Use it or Lose it			
11:30am		Use it or Lose it 11:15 AM - 12:00 AM LIVE		Use it or Lose it 11:15 AM - 12:00 AM LIVE		LESMILLS CORE 11:20 AM - 11:50 AM	LESMILLS BODYPUMP 11:40 AM - 12:25 PM
12:00pm						LESMILLS BODYBALANCE 12:00 PM - 1:00 PM	
12:30pm	LESMILLS CORE 12:15 PM - 12:45 PM LIVE	LESMILLS BODYBALANCE 12:15 PM - 1:10 PM LIVE	LESMILLS CORE 12:15 PM - 12:45 PM LIVE	STRETCH 12:15 PM - 12:45 PM LIVE	YOGA 12:15 PM - 1:10 PM LIVE		
1:00pm							
1:30pm	LESMILLS BODYATTACK 1:00 PM - 1:30 PM		LESMILLS BODYCOMBAT 1:00 PM - 1:30 PM	LESMILLS BODYPUMP 1:00 PM - 1:30 PM			
2:00pm							
2:30pm						LESMILLS BODYATTACK 2:00 PM - 2:45 PM	LESMILLS BODYCOMBAT 2:00 PM - 2:30 PM
3:00pm							LESMILLS BODYBALANCE 2:35 PM - 3:20 PM
3:30pm						LESMILLS BODYCOMBAT 3:00 PM - 3:45 PM	
4:00pm	LESMILLS BODYCOMBAT 3:45 PM - 4:15 PM	LESMILLS BODYPUMP 3:45 PM - 4:30 PM	LESMILLS BODYATTACK 3:45 PM - 4:15 PM	LESMILLS BODYPUMP 3:45 PM - 4:15 PM	LESMILLS BODYBALANCE 3:45 PM - 4:30 PM	LESMILLS BODYPUMP 4:00 PM - 4:45 PM	
4:30pm	LESMILLS CORE 4:20 PM - 4:50 PM		LESMILLS BODYBALANCE 4:20 PM - 4:50 PM	LESMILLS CORE 4:20 PM - 4:50 PM			
5:00pm							
5:30pm	LESMILLS BODYPUMP 5:30 PM - 6:25 PM LIVE	SPIN LIVE 5:30 PM - 6:15 PM LESMILLS BODYBALANCE 5:30 PM - 6:15 PM	LESMILLS BODYPUMP 5:30 PM - 6:25 PM LIVE	SPIN LIVE 5:30 PM - 6:15 PM LESMILLS BODYBALANCE 5:30 PM - 6:25 PM	LESMILLS BODYCOMBAT 5:30 PM - 6:15 PM		
6:00pm							
6:30pm	LESMILLS BODYCOMBAT 6:30 PM - 7:30 PM	YOGA 6:30 PM - 7:30 PM LIVE			LESMILLS CORE 6:20 PM - 6:50 PM		
7:00pm							