

Fitness Programme

Monday	Virtual cycle Les Mills Sprint 7:05am to 7:35am	Virtual cycle Les Mills Trip 7:45am to 8:30am	Live instructed Yin Yoga 9am - 10am Joe	Live instructed Les Mills BodyCombat 10:15am to 11am Andrea	Live instructed Les Mills Core 11:05am to 11:35am Andrea	Virtual class Les Mills GRIT Strength 11:45am to 12:15pm	Live instructed Les Mills BodyPump 12:30am to 13:15pm Andrea	Virtual class Les Mills Body Attack 2:45pm to 3:45pm	Virtual cycle Les Mills Trip 4:15pm to 5pm	Live instructed Les Mills BodyPump 5:30pm to 6:30pm Zoe	Live instructed Les Mills Pilates 6:35pm to 7:25pm Zoe	Live instructed Yin Yoga 8pm to 9pm Joe	
Tuesday	Virtual class Les Mills GRIT Cardio 7:05am to 7:35am	Virtual class Les Mills CORE Virtual 7:45am to 8:15am	Live instructed Les Mills BodyPump 9:30am to 10:30am Lucy	Live instructed Stretch 10:45am to 11:30am Lucy	Virtual class Les Mills Barre 11:45am to 12:15pm	Virtual class Les Mills Body Balance 1pm to 2pm	Virtual class Les Mills Sh'Bam 2:15pm to 3pm	Virtual class (Kids) Les Mills Born to Move 4pm to 5pm	Virtual cycle Les Mills Sprint 5:30pm to 6pm	Live instructed Legs Bums & Tums 6:10pm to 7pm Jenny/Kerry/Zoe	Live instructed Circuits 7pm to 7:55pm Gavin	Virtual cycle Les Mills Trip 8:10pm to 8:55pm	Virtual cycle Les Mills Sprint 9pm to 9:30pm
Wednesday	Virtual cycle Les Mills Trip 7:05am to 7:50am	Virtual cycle Les Mills RPM 8am to 8:45am	Live instructed 50+ 9:30am to 10:30am Gavin	Live instructed Yoga 10:45am to 11:45am Joe	Virtual class Les Mills Body Balance 12pm to 1pm	Live instructed Les Mills BodyPump 1:15pm to 2:15pm Kerry	Virtual cycle Les Mills Sprint 2:30pm to 3pm	Virtual cycle Les Mills Trip 3:15pm to 4pm	Virtual cycle Les Mills Sprint 4:15pm to 4:45pm	Virtual class Les Mills Body Attack 5pm to 5:45pm	Live instructed Yoga 6pm to 7pm Joe	Live instructed Les Mills BodyPump 7:15pm to 8pm Lauren	Live instructed Body Balance 8:15pm to 9pm Lauren
Thursday	Virtual class Les Mills GRIT Strength 7:05am to 7:35am	Virtual class Les Mills Body Attack 8am to 9am	Live instructed Legs Bums & Tums 9:30am - 10:15am Zoe	Live instructed Pilates 10:30am to 11:30am Zoe	Live instructed Les Mills BodyPump 12:30pm to 1:15pm Andrea	Live instructed Les Mills Core 1:30pm to 2pm Andrea	Virtual class Les Mills Balance 2:30pm to 3:30pm	Virtual cycle Les Mills RPM 3:45pm to 4:30pm	Virtual cycle Les Mills RPM 5pm to 7:45pm	Live instructed Les Mills Combat 6pm to 7pm Andrea	Live instructed Les Mills Core 7:05pm to 7:35pm Andrea	Live instructed Zumba 7:45pm to 8:30pm Julie	Virtual cycle Les Mills Trip 8:45pm to 9:30pm
Friday	Virtual cycle Les Mills Sprint 7:05am to 7:35am	Virtual cycle Les Mills Sprint 8am to 8:30am	Live instructed Les Mills BodyCombat 9:15am to 10am Andrea	Live instructed Les Mills Core 10:05am to 10:35am Andrea	Live instructed Yoga 10:45am to 11:45am Joe	Live instructed Functional Fitness 12:15pm to 1:15pm Leanne	Live instructed Pilates 1:30pm to 2:30am Leanne	Virtual class Les Mills GRIT Cardio 3pm to 3:30pm	Virtual class (kids) Les Mills Born to Move 4pm to 5pm	Virtual class Les Mills Core 5:30pm to 6pm	Live instructed Les Mills BodyPump 6:15pm to 7:15pm Lauren	Live instructed Les Mills Body Balance 7:30pm to 8:30pm Lauren	Virtual cycle Les Mills Trip 8:45pm to 9:30pm
Saturday	Live instructed Yoga 8:15am to 9:15am Joe	Live instructed Les Mills BodyPump 9:25am to 10:25am Jenny	Live instructed Zumba 10:30am to 11:15am Julie	Live instructed Karate 11:30am to 1pm (external 07473 199259)	Virtual class (kids) Les Mills Born to Move 1:30pm to 2:30pm	Virtual cycle Les Mills RPM 2:45pm to 3:30pm	Virtual cycle Les Mills Trip 3:45pm to 4:30pm	Virtual cycle Les Mills Sprint 4:45pm to 5:15pm					
Sunday	Virtual cycle Les Mills RPM 8:05am to 8:35am	Virtual cycle Les Mills Trip 8:45am to 9:30am	Live instructed Les Mills BodyPump 10am to 11am Lauren	Live instructed Les Mills Body Balance 11:15am to 12:15pm Lauren	Virtual class (kids) Les Mills Born to Move 1pm to 2pm	Virtual class Les Mills Body Combat 2:15pm to 3:15pm	Virtual class Les Mills Body Pump 3:30pm to 4:30pm	Private hire 4:45pm to 5:45pm	Virtual cycle Les Mills Trip 6pm to 6:45pm	Virtual cycle Les Mills Sprint 7pm to 7:30pm			

