

**Fitness Programme**

<b>Monday</b>	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 Shapes 10:15am to 11am Zoe	Live instructed Les Mills BodyCombat 11:15am to 12pm Andrea	Live instructed Les Mills Bodypump 12.15m to 1pm Andrea	Virtual class Les Mills GRIT Strength 1:30pm to 2:15pm	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 Pilates 6:35pm to 7:25pm Zoe	Live instructed Yin Yoga 8pm to 9pm Joe	
<b>Tuesday</b>	Virtual cycle Les Mills GRIT Cardio 7:05am to 7:35am	Virtual cycle 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 (11 to 15 years) 4pm to 5pm	Virtual cycle Les Mills Sprint 5.30pm to 6pm	Live instructed Legs Bums & Tums 6:10pm to 7pm Jenny	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
<b>Wednesday</b>	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
<b>Thursday</b>	Virtual cycle Les Mills GRIT Strength 7:05am to 7:35am	Virtual cycle 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 5:45pm	Live instructed Les Mills Body 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
<b>Friday</b>	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 Yin 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 (11 to 15 years) 4pm to 5pm	Virtual class Les Mills Core 5:30pm to 6pm	Live instructed Les Mills BodyPump 6:15pm to 7:15pm Lauren	Virtual class Les Mills Body Balance 7:30pm to 8:30pm Lauren	Virtual cycle Les Mills Trip 8:45pm to 9:30pm
<b>Saturday</b>	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 07846 094021)	Virtual class (kids) Les Mills Born to Move (11 to 15 years) 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					
<b>Sunday</b>	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 (11 to 15 years) 1pm to 2pm	Virtual class Les Mills Body Combat 2:15pm to 2:15pm	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			



# Class descriptions

Les Mills Body Combat*	The ultimate warrior workout to develop co-ordination and release stress. Destroy calories as you learn to punch, kick, block and strike. Get a whole body workout that targets every muscle group.
Les Mills Body Pump**	This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.
Les Mills Core*	Based on athletic training principles, this core training workout is designed to make you stronger and assist with balance and injury prevention.
Les mills SHAPES*	An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.
Les Mills Body Attack*	Is a virtual whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do.
Les Mills Sh'Bam*	Is a fresh and fun dance workout that builds fitness and encourages expressive movement.
Les Mills GRIT**	Is a virtual 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.
Les Mills Bodybalance**	Is a modern take on yoga with elements of Tai Chi and Pilates, set to music. This strength and flexibility workout has been scientifically designed to help fitness club members build strength, flexibility and a beautiful sense of balance.
Les mills Cycle RPM*	Is a virtual group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.
Les Mills Cycle Sprint**	Is a virtual 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
Les Mills Cycle Trip*	Is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.
Les Mills BORN TO MOVE	Virtual helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it.
Yin Yoga**	A slow, meditative class, that gently stretches the deeper muscles, joints in your body and helps quieten the mind
Circuits**	Body conditioning or resistance training using high intensity aerobics. A series of exercises performed with a small rest between them.
Stretch*	Helping you to stretch your entire body and improving your core strength. Classes are suitable for all.
Pilates**	Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
50+	A mix of aerobics and body conditioning exercises for people over 50 years.
Yoga**	Ancient form of exercise for strength, flexibility and breathing to boost physical and mental wellbeing.
LB&T**	Leg, Bums and Tums. A body conditioning workout focusing on the lower body and core.
Functional Fitness	High intensity functional training with equipment.
Zumba suitable for ages 7+	Aerobic fitness featuring movements inspired by various styles of Latin American dance.

## Age restrictions

\* Suitable for ages 11 years+

\*\* Suitable for ages 16 years+

