

CLASS TIMETABLE

PumpGyms

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	8:00 - 12:00	9:30 - 10:30 STUDIO	BODY BALANCE	9:15 - 10:00 STUDIO	CIRCUITS	9:30 - 10:15 STUDIO	BOOTCAMP	9:15 - 10:00 STUDIO	CIRCUITS	9:30 - 10:30 STUDIO	BOX FIT	9:15 - 10:00 GROUP CYCLE AREA	GROUP CYCLE	9:15 - 10:00 STUDIO	BOOTCAMP
				10:15 - 10:45 GROUP CYCLE AREA	GROUP CYCLE	10:30 - 11:00 GROUP CYCLE AREA	GROUP CYCLE	10:15 - 10:45 GROUP CYCLE AREA	GROUP CYCLE			10:05 - 11:05 STUDIO	BODY COMBAT	10:05 - 10:50 GROUP CYCLE AREA	GROUP CYCLE
													11:15 - 12:00 STUDIO	ULTRA FIT	11:00 - 12:00 STUDIO
DAYTIME	12:00 - 17:00	12:30 - 13:00 STUDIO	TABATA TRAINING	12:30 - 13:00 STUDIO	ULTRA FIT	12:00 - 12:30 STUDIO	FITNESS FUSION	12:30 - 13:00 STUDIO	KETTLEBELLS	12:30 - 13:15 STUDIO	FITNESS FUSION				
		13:00 - 13:30 GROUP CYCLE AREA	GROUP CYCLE	13:00 - 13:30 STUDIO	ABS BLAST	12:45 - 13:15 GROUP CYCLE AREA	GROUP CYCLE	13:00 - 13:30 STUDIO	ABS BLAST						
EVENING	17:00 - 21:00	18:00 - 18:45 STUDIO	ULTRA FIT	17:30 - 18:15 GROUP CYCLE AREA	GROUP CYCLE	17:30 - 18:00 GROUP CYCLE AREA	GROUP CYCLE	17:30 - 18:15 GROUP CYCLE AREA	GROUP CYCLE	17:45 - 18:30 STUDIO	HIIT TRAINING				
		18:45 - 19:45 STUDIO	ZUMBA	18:30 - 19:15 STUDIO	HIIT TRAINING	18:00 - 18:45 STUDIO	LBT & CORE	18:30 - 19:30 STUDIO	CIRCUITS	18:30 - 19:15 STUDIO	BARBELL BASICS				
		20:00 - 20:45 STUDIO	BODY BLASTERS	19:15 - 19:45 STUDIO	ABS BLAST	19:00 - 20:00 STUDIO	BODY PUMP	19:35 - 20:35 STUDIO	ZUMBA						
				20:00 - 21:00 STUDIO	BODY PUMP										

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

ZUMBA
fitness

LES MILLS
VIRTUAL

LES MILLS
BODYCOMBAT VIRTUAL

LES MILLS
BODYPUMP VIRTUAL

LES MILLS
BODYBALANCE VIRTUAL

LES MILLS
SH'BAM VIRTUAL

LES MILLS
CXWORX VIRTUAL

- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND & BODY
- DANCE

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS.
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.
THIS TIMETABLE MAY BE SUBJECT TO CHANGE. VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7.

REMEMBER WE HAVE LES MILLS VIRTUAL ON DEMAND CLASSES, AVAILABLE 24/7
FOR YOU TO PUT A CLASS ON WHENEVER YOU LIKE. CLASSES SUCH AS, BODYPUMP,
BODYBALANCE, BODYCOMBAT, CX WORX AND SH'BAM SIMPLY AT THE TOUCH OF A BUTTON.