

# Group Fitness Timetable

Effective February 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am	<b>BURN</b>	<b>ELITE FITNESS</b>	<b>LES MILLS BODYPUMP</b>	<b>ELITE FITNESS</b>	<b>CYCLE</b>		
8.30am						<b>BURN</b>	
9.00am		<b>LES MILLS CXWORX</b>	<b>FLEXIBILITY</b>		<b>LES MILLS CXWORX</b>		<b>ELITE FITNESS</b>
9.20am	<b>tone</b>	<b>STEP</b>	<b>LES MILLS BODYPUMP</b>	<b>ZUMBA gold</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	
	<b>CYCLE</b>	<b>ELITE FITNESS</b>	<b>LIT45</b>	<b>BURN</b>	<b>tone</b>	<b>CYCLE</b>	
10.25am	<b>YOGA</b>	<b>BARRE</b>	<b>PILATES CYCLE</b>	<b>YOGA</b>	<b>LES MILLS BODYBALANCE</b>	<b>PILATES</b>	<b>LES MILLS BODYBALANCE</b>
11.25am	<b>ACTIVE MOVERS STRENGTH</b>					<b>LES MILLS SH'BAM</b>	<b>LES MILLS BODYPUMP</b>
12.30pm	<b>ZUMBA gold</b>			<b>ACTIVE MOVERS STRENGTH</b>			
4.15pm	<b>CYCLE</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS SH'BAM</b>	<b>LES MILLS BODYPUMP</b>		
5.30pm	<b>FLEXIBILITY</b>	<b>LES MILLS GRIT</b>   <b>CARDIO</b>	<b>LES MILLS CXWORX</b>	<b>LES MILLS GRIT</b>   <b>STRENGTH</b>	<b>LES MILLS BODYBALANCE</b>		
6.00pm	<b>BURN</b>	<b>FUNCTIONAL 30</b>	<b>ELITE FITNESS</b>	<b>PILATES &amp; STRETCH</b>			
6.15pm		<b>CYCLE</b>		<b>CYCLE</b>			
7.00pm	<b>LES MILLS BODYPUMP</b>	<b>BURN</b>	<b>LIT45</b>	<b>ELITE FITNESS</b>			
8.00pm		<b>YOGA &amp; MEDITATION</b>	<b>LES MILLS BODYBALANCE</b>	<b>YOGA</b>			
8.10pm	<b>YOGA</b>						

KEY Duration Intensity Cardio Strength Wellbeing Indicates a virtual class Indicates 30min or 45min class

## ACTIVE MOVERS STRENGTH

Circuit class to increase strength using weight



## BARRE

Ballet, Pilates and Yoga fusion



## LES MILLS BODYBALANCE

Yoga based wellness class



## LES MILLS BODYCOMBAT

High-energy martial arts workout



## LES MILLS BODYPUMP

Weight-based strength workout



## BURN

Body weight and strength HIIT training



## LES MILLS CXWORX

Dynamic Core Training



## CYCLE

Freestyle cycling



## ELITE FITNESS

Elite level circuit training



## FLEXIBILITY

Stretch and strengthen muscles



## FUNCTIONAL 30

Strength, flexibility and endurance



## LES MILLS GRIT | CARDIO

HIIT training to improve cardio fitness



## LES MILLS GRIT | STRENGTH

HIIT training to improve strength



## LIT45

Low impact interval training



## PILATES

Core and conditioning class



## LES MILLS SH'BAM

Dance-fitness party



## STEP

Cardio workout, using a height-adjustable step



## tone

Cardio, core and resistance class



## YOGA

Helps build strength, stability and flexibility



## ZUMBA fitness

Dance-fitness party



## ZUMBA gold

Dance-fitness party

