



Fitness Timetable from 29th March - Outdoor & Zoom

MORNING

EVENING

Day	6.45am - 7.15am	7.30am - 8.00am	8.15am - 9.00am	9.30am - 10.15am	10.30am - 11.15am	11.30am - 12.00pm	12.15pm - 12.45pm	4.30pm - 5.30pm		6.00pm - 6.45pm	7.00pm - 7.45pm	
Monday	LES MILLS GRIT 6.45am - 7.15am <i>Mike</i>	INTELLIGENT SPRINT 7.30am - 8.00am <i>Mike</i>	LES MILLS CORE 8.15am - 9.00am <i>Mike</i>	LEGS, ABS & CARDIO 9.30am - 10.15am <i>Lisa</i>	LES MILLS BODY PUMP 10.30am - 11.15am <i>Mike</i>	LOW IMPACT CARDIO 11.30am - 12.00pm <i>Lisa</i>	HIIT 12.15pm - 12.45pm <i>Bernie</i>	*HATHA YOGA FLOW 4.30pm - 5.30pm <i>Laura</i>		INTELLIGENT CYCLING 6.00pm - 6.45pm <i>Bernie</i>	BOOT CAMP 7.00pm - 7.45pm <i>Gurj</i>	
Tuesday	STRENGTH CIRCUITS 6.45am - 7.30am <i>Alex</i>	RESTORATIVE YOGA* 7.00am - 8.00am <i>Laura</i>	INTELLIGENT CYCLING 7.40am - 8.40am <i>Mike</i>	LES MILLS BODY COMBAT 9.30am - 10.15am <i>Mike</i>	CYCLING CIRCUITS 10.30am - 11.15am <i>Alex</i>	CORE STABILITY* 11.00am - 12.00pm <i>Lee</i>	YOGA* 4.00pm - 5.00pm <i>Freda</i>	CORE MOBILITY* 4.00pm - 4.45pm <i>Gurj</i>	BANDS & BODYWEIGHT 5.00pm - 5.45pm <i>Lisa</i>	LES MILLS BODY ATTACK 6.00pm - 6.45pm <i>Mike</i>	LES MILLS CORE 7.00pm - 7.45pm <i>Mike</i>	
Wednesday	CYCLING CIRCUITS 6.45am - 7.30am <i>Gurj</i>	HIIT STRENGTH 9.30am - 10.15am <i>Gurj</i>	BODY CONDITIONING 10.30am - 11.15am <i>Lisa</i>	THERAPEUTIC YOGA* 11.30am - 12.30pm <i>Laura</i>	LES MILLS BODY COMBAT 12.00pm - 12.45pm <i>Bernie</i>					LES MILLS BODY PUMP 6.00pm - 6.45pm <i>Bernie</i>	VINYASA HATHA YOGA* 6.15pm - 7.15pm <i>Zak</i>	LEGS, ABS & CARDIO 7.00pm - 7.45pm <i>Alex</i>
Thursday	LES MILLS GRIT 6.45am - 7.15am <i>Mike</i>	INTELLIGENT SPRINT 7.30am - 8.00am <i>Mike</i>	LES MILLS CORE 8.15am - 9.00am <i>Mike</i>	LES MILLS BODY ATTACK 9.30am - 10.15am <i>Mike</i>	LES MILLS BODY PUMP 10.30am - 11.15am <i>Mike</i>	CORE & BACK CARE* 11.25am - 12.05pm <i>Alex</i>	ABS BLAST* 12.15pm - 12.45pm <i>Bernie</i>	INTELLIGENT CYCLING 1.00pm - 2.00pm <i>Mike</i>		INTELLIGENT CYCLING 5.00pm - 5.45pm <i>Bernie</i>	STRENGTH CIRCUITS 6.00pm - 6.45pm <i>Gurj</i>	LES MILLS BODY COMBAT 7.00pm - 7.45pm <i>Bernie</i>
Friday	INTELLIGENT CYCLING 6.45am - 7.30am <i>Mike</i>	LES MILLS CORE 7.45am - 8.30am <i>Mike</i>	LES MILLS BODY PUMP 9.30am - 10.15am <i>Mike</i>	LES MILLS BODY COMBAT 10.30am - 11.15am <i>Bernie/Mike</i>	LOW IMPACT CARDIO 11.30am - 12.00pm <i>Bernie</i>	HIIT 12.30pm - 1.00pm <i>Bernie</i>	VINYASA HATHA YOGA* 3.30pm - 4.30pm <i>Zak</i>			INTELLIGENT CYCLING 6.00pm - 6.45pm <i>Alex</i>		
Saturday	LES MILLS GRIT 8.00am - 8.30am <i>Mike</i>	LES MILLS BODY PUMP 9.00am - 10.00am <i>Mike</i>	INTELLIGENT CYCLING 10.30am - 11.15am <i>Mike</i>	LES MILLS CORE 12.00pm - 12.45pm <i>Mike</i>	BODY BALANCE* 1.00pm - 2.00pm <i>Freda</i>	INTELLIGENT CYCLING 3.00pm - 4.00pm <i>Mike</i>						
Sunday	LES MILLS BODY COMBAT 8.30am - 9.00am <i>Bernie</i>	INTELLIGENT CYCLING 9.30am - 10.15am <i>Bernie</i>	LES MILLS BODY PUMP 10.30am - 11.00am <i>Bernie</i>	ABS BLAST* 11.15am - 11.45am <i>Alex/Gurj</i>	CORE PILATES* 4.00pm - 5.00pm <i>Lee</i>							

* ZOOM ONLY

 LOW IMPACT & RELAXATION
 MIXED CONDITIONING

 CARDIO
 CYCLING
 STRENGTH & TONING