



Fitness Timetable from 12th April - Outdoor & Zoom

	MORNING								EVENING			
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>	INTELLIGENT SPRINT 11.30am 12.00pm <i>Lisa</i>	LES MILLS BODY COMBAT 12.15pm 1.00pm <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
 CYCLING
 STRENGTH & TONING
 CARDIO