



# Fitness Timetable from 17<sup>th</sup> May - Court 7, Studio & Zoom

## MORNING

## EVENING

Monday	<b>LES MILLS GRIT</b> 6.45am 7.15am <i>Mike</i>	<b>INTELLIGENT SPRINT</b> 7.30am 8.00am <i>Stephen</i>	<b>LES MILLS CORE</b> 8.15am 9.00am <i>Mike</i>	<b>LES MILLS BODY PUMP</b> 9.30am 10.15am <i>Mike</i>	<b>AQUA AEROBICS</b> 9.30am 10.10am <i>Lisa</i>	<b>KEISER SPRINT</b> 10.30am 11.00am <i>Lisa</i>	<b>LES MILLS BODY COMBAT</b> 10.30am 11.15am <i>Stephen</i>	<b>LOW IMPACT CARDIO</b> 11.30am 12.15pm <i>Lisa</i>	<b>HATHA YOGA FLOW</b> 4.30pm 5.30pm <i>Laura</i>	<b>INTELLIGENT CYCLING</b> 6.00pm 6.45pm <i>Bernie</i>	<b>BOOT CAMP</b> 7.00pm 7.45pm <i>Gurj</i>	
Tuesday	<b>STRENGTH CIRCUITS</b> 6.45am 7.30am <i>Alex</i>	<b>ABS BLAST</b> 8.45am 9.15am <i>Gurj</i>	<b>CORE MOBILITY</b> 9.30am 10.15am <i>Gurj</i>	<b>INTELLIGENT CYCLING</b> 9.30am 10.15am <i>Mike</i>	<b>LES MILLS BODY COMBAT</b> 10.30am 11.15am <i>Mike</i>	<b>CYCLING CIRCUITS</b> 10.30am 11.15am <i>Alex</i>	<b>CORE STABILITY</b> 11.30am 12.30am <i>Lee</i>	<b>INTELLIGENT CYCLING</b> 12.00pm 1.00pm <i>Mike</i>	<b>VINYASA HATHA YOGA</b> 12.45pm 1.45pm <i>Zak</i>	<b>BODY BALANCE</b> 5.00pm 6.00pm <i>Freda</i>	<b>LES MILLS BODY ATTACK</b> 6.15pm 7.00pm <i>Stephen</i>	<b>CORE</b> 7.15pm 7.55pm <i>Stephen</i>
Wednesday	<b>CYCLING CIRCUITS</b> 6.45am 7.30am <i>Gurj</i>	<b>LES MILLS BODY COMBAT</b> 8.30am 9.15am <i>Stephen</i>	<b>HIIT STRENGTH</b> 9.30am 10.15am <i>Gurj</i>	<b>AQUA AEROBICS</b> 9.30am 10.10am <i>Lisa</i>	<b>BODY CONDITIONING</b> 10.30am 11.15am <i>Maxine</i>	<b>INTELLIGENT CYCLING</b> 11.30am 12.15pm <i>Stephen</i>	<b>THERAPEUTIC YOGA*</b> 11.30am 12.30pm <i>Laura</i>	<b>LEGS, ABS &amp; CARDIO</b> 5.00pm 5.45pm <i>Alex</i>		<b>LES MILLS BODY PUMP</b> 6.00pm 6.45pm <i>Bernie</i>	<b>KEISER SPRINT</b> 7.00pm 7.30pm <i>Alex</i>	<b>VINYASA HATHA YOGA</b> 7.00pm 8.00pm <i>Zak</i>
Thursday	<b>LES MILLS GRIT</b> 6.45am 7.15am <i>Mike</i>	<b>INTELLIGENT SPRINT</b> 7.30am 8.00am <i>Mike</i>	<b>LES MILLS CORE</b> 8.15am 9.00am <i>Mike</i>	<b>HIIT CIRCUITS</b> 9.30am 10.15am <i>Lisa</i>	<b>AQUA AEROBICS</b> 9.30am 10.10am <i>Fran</i>	<b>LES MILLS BODY PUMP</b> 10.30am 11.15am <i>Mike</i>	<b>KEISER CYCLING</b> 11.30am 12.15pm <i>Lisa</i>	<b>CORE &amp; BACK CARE</b> 11.30am 12.15pm <i>Alex</i>	<b>VINYASA HATHA YOGA</b> 12.30pm 1.30pm <i>Zak</i>	<b>STRENGTH CIRCUITS</b> 6.00pm 6.45pm <i>Gurj</i>	<b>LES MILLS BODY COMBAT</b> 7.00pm 7.45pm <i>Bernie</i>	
Friday	<b>INTELLIGENT CYCLING</b> 6.45am 7.30am <i>Mike</i>	<b>LES MILLS CORE</b> 7.45am 8.30am <i>Mike</i>	<b>LES MILLS BODY ATTACK</b> 9.30am 10.15am <i>Mike</i>	<b>AQUA AEROBICS</b> 9.30am 10.10am <i>Lisa/Bernie</i>	<b>BODY CONDITIONING</b> 10.30am 11.15am <i>Lisa/Bernie</i>	<b>INTELLIGENT CYCLING</b> 11.30am 12.15pm <i>Stephen</i>	<b>LOW IMPACT CARDIO</b> 11.30am 12.00pm <i>Lisa/Bernie</i>					<b>KEISER CYCLING</b> 6.00pm 6.45pm <i>Alex</i>
Saturday	<b>LES MILLS GRIT</b> 8.00am 8.30am <i>Stephen</i>	<b>LES MILLS BODY PUMP</b> 9.00am 10.00am <i>Mike</i>	<b>INTELLIGENT CYCLING</b> 10.30am 11.15am <i>Mike</i>	<b>LES MILLS BODY COMBAT</b> 11.00am 11.45am <i>Stephen</i>	<b>LES MILLS CORE</b> 12.00pm 12.45pm <i>Mike</i>	<b>VINYASA YOGA</b> 2.00pm 3.00pm <i>Freda</i>	<b>INTELLIGENT CYCLING</b> 3.00pm 4.00pm <i>Mike</i>					
Sunday	<b>LES MILLS BODY COMBAT</b> 9.00am 9.30am <i>Bernie</i>	<b>INTELLIGENT CYCLING</b> 10.00am 10.45am <i>Bernie</i>	<b>LES MILLS BODY PUMP</b> 11.00am 11.30am <i>Bernie</i>	<b>ABS BLAST</b> 11.45am 12.15pm <i>Alex/Gurj</i>	<b>CORE PILATES</b> 4.00pm 5.00pm <i>Lee</i>							

**LISA  
MIKE  
STEPHEN  
ALEX  
GURJ  
BERNIE  
FREELANCE TRAINERS**



**CARDIO**   **CYCLING**   **STRENGTH & TONING**   **LOW IMPACT & RELAXATION**   **MIXED CONDITIONING**