



Fitness Timetable - Court 7, Studio & Zoom

MORNING

EVENING

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

LISA
MIKE
ALEX
GURJ
BERNIE
FREELANCE TRAINERS



CARDIO
CYCLING
STRENGTH & TONING
LOW IMPACT & RELAXATION
MIXED CONDITIONING

Please refer to mycourts for the latest version