



WINTER TIMETABLE

MONDAY

06:15 RPM
07:00 ASHTANGA YOGA
08:00 GYLLY SWIM CLUB
09:00 HYBRID
09:15 AQUA BLAST
09:30 PLATE-LIT
10:00 AQUA BLAST
10:15 SPIN
10:15 BODY PUMP
11:30 STRETCH FLOW
12:15 KETTLEBELL CARRY
12:30 LM TRIP
12:30 BARRE
13:30 PLATE-LIT
14:15 TRX
15:15 PILATES
17:30 BODY PUMP
17:30 SPIN
18:30 LATIN DANCE

VIRTUAL 50MIN
STEPH 60MIN
LUKE 45MIN
ELISE 45MIN
KAT 30MIN
STEVE 30MIN
ELISE 30MIN
LAUREN 45MIN
KAT 55MIN
LAUREN 45MIN
STEVE 30MIN
VIRTUAL 45MIN
KAT 45MIN
ELISE 30MIN
MILLIE 45MIN
JO 60MIN
EMMA 45MIN
MILLIE 45MIN
MILLIE 45MIN

TUESDAY

06:45 YOGA FLOW
07:00 LM TRIP
07:30 GIG STRONG
08:00 LM SPRINT
08:00 PILATES (INTER)
09:15 PILATES (BEG)
09:15 HYBRID
10:15 SPIN
10:30 BODY PUMP
11:30 BODYBALANCE
12:00 AQUA BLAST
13:00 LADIES LIFT
13:00 SPOT OF TENNIS
14:00 CARDIO CIRCUIT
15:00 FIT FOUNDATION
16:00 ENDURANCE
17:45 BODY COMBAT
18:15 SPIN
19:15 LADIES LIFT
20:15 YOGA(SLOWFLOW)

WEDNESDAY

EMMA 60MIN
VIRTUAL 45MIN
LAUREL 30MIN
VIRTUAL 30MIN
REBA 60MIN
REBA 60MIN
LAUREL 45MIN
STEVE 45MIN
TRISTAN 45MIN
KAT 55MIN
CHARLIE 30MIN
LAUREL 45MIN
STEVE 60MIN
ELISE 45MIN
ELISE 45MIN
LAUREN 90MIN
KAT 45MIN
MATT 45MIN
ELISE 45MIN
BETH 60MIN

06:30 PILATES (BEG)
07:15 LM TRIP
08:00 TRX
09:00 BEACH YOGA
09:15 BODY COMBAT
10:15 LBT
10:30 LES MILLS DANCE
11:15 RESTORATIVE YOGA
11:30 LM SPRINT
12:00 AQUA BLAST
16:00 FUNC-CORE
16:15 LM RPM
17:15 HYBRID
17:15 YOGA FLOW
18:30 SPIN
19:30 BODY PUMP
20:00 LM SPRINT
20:30 YOGA(SLOWFLOW)

LAUREL 45MIN
VIRTUAL 45MIN
LAUREL 45MIN
JEN 45MIN
KAT 55MIN
LAUREL 45MIN
KAT 30MIN
OLIVIA 60MIN
VIRTUAL 30MIN
KAT 30MIN
MILLIE 30MIN
VIRTUAL 50MIN
MILLIE 45MIN
EMMA 60MIN
MILLIE 45MIN
MILLIE 45MIN
VIRTUAL 30MIN
BETH 60MIN

THURSDAY

06:15 SPIN
08:00 FUNC-STRENGTH
08:00 QIGONG
08:15 LM RPM
09:00 AQUA FIT
09:00 POWER PILATES
09:15 HYBRID
10:15 PLATE-LIT
10:15 SPIN
11:00 LEGENDS
12:00 LADIES LIFT
12:00 THERAPEUTIC YOGA
13:15 PILATES
14:15 LM TRIP
14:30 CORE BLAST
15:15 LM TRIP
17:00 GLUTE HYBRID
18:00 BODY PUMP
18:15 SPIN
19:15 BODY BALANCE
20:15 YOGA (SLOWFLOW)

ELISE 45MIN
ELISE 45MIN
CIARAN 60MIN
VIRTUAL 50MIN
LUKE 45MIN
SARAH 60MIN
LAUREN 60MIN
LUKE 30MIN
STEVE 45MIN
ELISE 45MIN
LUKE 45MIN
RUTH 60MIN
JO 60MIN
VIRTUAL 45MIN
MILLIE 30MIN
VIRTUAL 45MIN
MILLIE 45MIN
EMMA 55MIN
MILLIE 45MIN
EMMA 45MIN
LUCIE 60MIN

FRIDAY

07:00 ASHTANGA YOGA
08:15 BARRE
08:15 SPIN
09:15 AQUA CIRCUITS
09:15 SPIN
09:15 BODY PUMP
10:45 BODY ATTACK
10:30 HYBRID
10:15 LM TRIP
11:30 BODY BALANCE
12.15 GIG STRONG
12:30 POWER PILATES
13:00 LADIES LIFT
14:15 GENTLE FIT
17:15 SPIN
18:15 SPIN
18:30 HYBRID
19:30 STRENGTH&STRETCH

RUTH 60MIN
KAT 45MIN
LA STEVE 45MIN
KAT 45MIN
LA STEVE 45MIN
LAUREL 45MIN
KAT 30MIN
LAUREL 45MIN
VIRTUAL 45MIN
KAT 45MIN
STEVE 30MIN
SARAH 60MIN
LAUREL 45MIN
LUKE 45MIN
LA STEVE 45MIN
LA STEVE 45MIN
LUKE 45MIN
LUKE 45MIN

SATURDAY

08:00 BODY PUMP
08:15 SPIN
09:00 BODY COMBAT
09:15 SPIN
10:15 GYMNASTICS
10:15 SPIN
11:30 SCULPT AND TONE
15:30 CALISTHENICS
16:30 FUNC-STRENGTH
17.30 LM TRIP
17:30 STRETCH

TEAM 45MIN
LA STEVE 45MIN
CHARLIE 45MIN
LA STEVE 45MIN
CHARLIE 45MIN
LA STEVE 45MIN
CHARLIE 45MIN
CAM 45MIN
CAM 45MIN
VIRTUAL 45MIN
CAM 45MIN

SUNDAY

07:30 YOGA
07:45 LM SPRINT
08:30 SPIN
09:30 GIG STRONG
10:30 BODY PUMP
10:30 LADIES LIFT
11:45 STRETCH & RELAX
15:30 MONTHLY YIN YOGA
16:00 SPIN
17:30 FUNC- STRENGTH
18:30 LM TRIP
18:30 BODY BALANCE

LUCIE 60MIN
VIRTUAL 30MIN
MATT 45MIN
LUKE 45MIN
TRISTAN 55MIN
LUKE 45MIN
LUKE 45MIN
AMELY 90MIN
ELISE 45MIN
ELISE 45MIN
VIRTUAL 45MIN
ELISE 45MIN

StMICHAELS
HEALTH
CLUB