

# CLASS 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  
 10:30 BODY PUMP  
 11:45 BODY BALANCE  
 12:15 KETTLEBELL CARRY  
 12:30 LM TRIP  
 12:45 BARRE  
 14:15 TRX  
 15:15 PILATES  
 17:15 SPIN  
 17:30 BODY PUMP  
 18:30 BODY ATTACK  
 19:00 MET-CON  
 20:00 LM SPRINT

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

## TUESDAY

06:45 YOGA FLOW  
 07:00 LM TRIP  
 07:30 GIG STRONG  
 08:00 LM SPRINT  
 08:00 QIGONG  
 08:00 PILATES (INTER)  
 09:15 PILATES  
 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  
 13:00 FIT FOUNDATION  
 15:00 CARDIO CIRCUIT  
 16:00 ENDURANCE  
 17:00 CORE BLAST  
 17:45 BODY COMBAT  
 17:45 SPIN  
 18:45 LATIN DANCE  
 19:45 YOGA (SLOWFLOW)

## WEDNESDAY

RO 60MIN  
 VIRTUAL 45MIN  
 LAUREL 30MIN  
 VIRTUAL 30MIN  
 CIARAN 60MIN  
 REBA 60MIN  
 REBA 60MIN  
 LAUREL 45MIN  
 STEVE 45MIN  
 TRISTAN 45MIN  
 KAT 55MIN  
 ELISE 30MIN  
 LAUREL 45MIN  
 STEVE 60MIN  
 ELISE 45MIN  
 ELISE 45MIN  
 LAUREN 90MIN  
 MILLIE 30MIN  
 KAT 45MIN  
 MILLIE 45MIN  
 MILLIE 45MIN  
 BETH 60MIN

06:30 PILATES  
 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  
 16:00 LM RPM  
 17:00 HYBRID  
 17:15 YOGA FLOW  
 18:15 SPIN  
 19:15 BODY PUMP  
 19:30 SPIN  
 20:15 YOGA(SLOWFLOW)  
 20:30 LM SPRINT

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  
 MATT 45MIN  
 BETH 60MIN  
 VIRTUAL 30MIN

## THURSDAY

06:15 SPIN  
 07:30 RUN CLUB  
 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  
 14:30 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  
 LUKE 30MIN  
 CIARAN 60MIN  
 VIRTUAL 50MIN  
 LUKE 45MIN  
 SARAH 60MIN  
 LAUREN 60MIN  
 LUKE 30MIN  
 STEVE 45MIN  
 ELISE 45MIN  
 JO 60MIN  
 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  
 11:30 BODY BALANCE  
 12.15 GIG STRONG  
 12:30 POWER PILATES  
 13:00 LADIES LIFT  
 13:15 LM TRIP  
 14:00 GENTLE FIT  
 15:15 GENTLE FLOW  
 17:15 SPIN  
 18:15 SPIN  
 18:15 HYBRID  
 19:15 STRETCH & RELAX

RUTH 60MIN  
 KAT 45MIN  
 LA STEVE 45MIN  
 KAT 45MIN  
 LA STEVE 45MIN  
 LAUREL 45MIN  
 KAT 30MIN  
 LAUREL 45MIN  
 KAT 45MIN  
 STEVE 30MIN  
 SARAH 60MIN  
 LAUREL 45MIN  
 VIRTUAL 45MIN  
 LUKE 45MIN  
 EMMA 60MIN  
 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  
 10:00 LES MILLS DANCE  
 10:15 SPIN  
 11:00 SCULPT AND TONE  
 15:30 CALISTHENICS  
 16:30 FUNC-STRENGTH  
 17:30 STRETCH  
 18:30 LM TRIP

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

## SUNDAY

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

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

