



# CLASS TIMETABLE

## MONDAY

**06:15** RPM  
**07:00** ASHTANGA YOGA  
**08:00** GYLLYSWIMCLUB  
**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**  
**CRYSTAL 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**  
**TRISTAN 55MIN**  
**TRISTAN 45MIN**  
**MILLIE 60MIN**  
**VIRTUAL 30MIN**

## TUESDAY

**06:45** YOGA FLOW  
**07:00** LM TRIP  
**07:00** HIIT THE BEACH  
**08:00** LM SPRINT  
**08:00** QIGONG  
**08:00** PILATES (INTER)  
**09:15** PILATES  
**09:15** HYBRID  
**10:30** EXPRESS SPIN  
**10:30** BODY PUMP  
**11:30** BODYBALANCE  
**12:00** AQUA BLAST  
**13:00** LADIES LIFT  
**13:00** SPOT OF TENNIS  
**13:00** LEGENDS  
**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 30MIN**  
**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 45MIN**

**06:30** EXPRESS SPIN  
**07:15** LM TRIP  
**08:15** BEACH BOOTCAMP  
**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** VINYASA YOGA  
**18:15** SPIN  
**19:15** BODY PUMP  
**18:15** PILATES  
**19:15** PILATES  
**19:30** SPIN  
**20:15** YOGA(SLOWFLOW)  
**20:30** LM SPRINT

**LAUREL 30MIN**  
**VIRTUAL 45MIN**  
**LAUREL 30MIN**  
**JEN 45MIN**  
**CHARLIE 55MIN**  
**LAUREL 45MIN**  
**CHARLIE 30MIN**  
**OLIVIA 60MIN**  
**VIRTUAL 30MIN**  
**CHARLIE 30MIN**  
**MILLIE 30MIN**  
**VIRTUAL 50MIN**  
**MILLIE 45MIN**  
**EMMA 60MIN**  
**MILLIE 45MIN**  
**MILLIE 45MIN**  
**LAUREL 45MIN**  
**LAUREL 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  
**11:15** STRETCH   
**12:00** LADIES LIFT  
**13:15** PILATES  
**14:30** CORE BLAST  
**15:15** LM TRIP  
**17:00** GLUTE HYBRID  
**18:15** LES MILLS DANCE  
**18:15** SPIN  
**19:15** YOGA (SLOWFLOW)

**ELISE 45MIN**  
**ELISE 45MIN**  
**CHARLIE 30MIN**  
**CIARAN 60MIN**  
**VIRTUAL 50MIN**  
**CHARLIE 45MIN**  
**SARAH 60MIN**  
**LAUREN 60MIN**  
**CHARLIE 30MIN**  
**STEVE 45MIN**  
**ELISE 45MIN**  
**LAUREN 45MIN**  
**CHARLIE 60MIN**  
**JO 60MIN**  
**MILLIE 30MIN**  
**VIRTUAL 45MIN**  
**MILLIE 45MIN**  
**KAT 45MIN**  
**MILLIE 45MIN**  
**LUCIE 60MIN**

## FRIDAY

**06:30** PILATES (INTER)  
**07:00** YOGA  
**08:15** BARRE  
**08:15** SPIN  
**09:15** AQUA CIRCUITS  
**09:15** SPIN  
**09:45** BODY PUMP  
**10:45** BODY ATTACK  
**10:30** HYBRID  
**11:30** BODY BALANCE  
**12.15** GIG STRONG  
**12:30** POWER PILATES  
**13:15** LM TRIP  
**14:00** GENTLE FIT  
**15:00** GENTLE FLOW  
**17:15** SPIN  
**18:15** SPIN

**LAUREL 45MIN**  
**CHELSEA 60MIN**  
**KAT 45MIN**  
**LA STEVE 45MIN**  
**KAT 45MIN**  
**LA STEVE 45MIN**  
**CHARLIE 45MIN**  
**KAT 30MIN**  
**LAUREL 45MIN**  
**KAT 45MIN**  
**STEVE 30MIN**  
**SARAH 60MIN**  
**VIRTUAL 45MIN**  
**TEAM 45MIN**  
**EMMA 60MIN**  
**LA STEVE 45MIN**  
**LA STEVE 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 & TONE  
**14:45** CORE BLAST  
**15:30** CALI-STRENGTH  
**16:45** STRETCH  
**18:30** LM TRIP

**TEAM 45MIN**  
**LA STEVE 45MIN**  
**CHARLIE 45MIN**  
**LA STEVE 45MIN**  
**CHARLIE 45MIN**  
**LA STEVE 45MIN**  
**CHARLIE 45MIN**  
**CRYSTAL 30MIN**  
**CRYSTAL 60MIN**  
**CRYSTAL 45MIN**  
**VIRTUAL 45MIN**

## SUNDAY

**07:45** LM SPRINT  
**08:00** BEACH YOGA  
**08:30** SPIN  
**08:30** BEACH BOOTCAMP  
**10:30** BODY PUMP  
**10:30** LADIES LIFT  
**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**  
**TEAM 45MIN**  
**TRISTAN 55MIN**  
**TEAM 60MIN**  
**AMELY 90MIN**  
**ELISE 45MIN**  
**ELISE 45MIN**  
**VIRTUAL 45MIN**  
**ELISE 45MIN**