

CLASS TIMES

13th January - 4th May 2025

All classes are subject to change

Time	Class	Type	Length	Studio
MONDAY				
11:05	Les Mills Bodypump	●	45 mins	S&F 3
13:05	Pilates (Beg)	●	45 mins	S&F 3
16:30	Yoga (Int)	●	45 mins	Village 1
17:30	Les Mills Bodypump	●	45 mins	Village 1
18:30	Les Mills RPM	● ●	45 mins	S&F 1

TUESDAY

09:30	Les Mills Sprint	● ●	30 mins	S&F 1
10:30	Pilates (Int)	●	45 mins	S&F 3
17:15	Les Mills Sprint	● ●	30 mins	S&F 1
18:15	Les Mills Bodypump	●	45 mins	Village 1

WEDNESDAY

07:45	Les Mills Sprint	● ●	30 mins	S&F 1
11:05	Les Mills Bodypump	●	45 mins	Village 1
13:10	Yoga (Beg)	● ●	45 mins	S&F 3
16:15	Les Mills Bodypump	●	45 mins	S&F 3

Time	Class	Type	Length	Studio
THURSDAY				
12:10	Les Mills Core	● ●	30 mins	S&F 2
14:10	Les Mills RPM Express	● ●	35 mins	S&F 1
17:00	Pilates (Beg)	●	45 mins	Village 1
18:15	Les Mills Grit Strength	● ●	30 mins	S&F 2

FRIDAY

11:10	Les Mills Bodypump	● ●	45 mins	S&F 3
13:10	Les Mills Bodypump Express	● ●	30 mins	S&F 3
14:10	Yoga (Beg)	●	45 mins	Village 1
16:30	Les Mills Sprint	● ●	30 mins	S&F 1

SATURDAY

11:10	Les Mills Bodypump	●	45 mins	S&F 3
13:05	Pilates (Int)	● ●	45 mins	S&F 3
16:10	Les Mills RPM	● ●	45 mins	S&F 1

SUNDAY

10:10	Pilates (Beg) *	● ●	45 mins	S&F 3
12:10	Les Mills Bodypump	●	45 mins	S&F 3
14:10	Arms & Abs	●	30 mins	S&F 3



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