







































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 6:15AM - 7:00AM Virtual Studio</p>	<p> LES MILLS CORE 6:15AM - 6:45AM Virtual Studio</p>	<p> LES MILLS BODYPUMP 6:10AM - 7:10AM Virtual Studio</p>	<p> LES MILLS BODYATTACK 6:15AM - 7:00AM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 6:15AM - 7:00AM Virtual Studio</p>	<p> LES MILLS BODYPUMP 1:00PM - 1:30PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 8:10AM - 8:40AM Virtual Studio</p>
<p> LES MILLS SH'BAM 7:15AM - 7:45AM Virtual Studio</p>	<p> LES MILLS SH'BAM 7:15AM - 7:45AM Virtual Studio</p>	<p> LES MILLS SH'BAM 7:15AM - 7:45AM Virtual Studio</p>	<p> LES MILLS SH'BAM 7:15AM - 8:00AM Virtual Studio</p>	<p> LES MILLS CORE 7:15AM - 7:45AM Virtual Studio</p>	<p> LES MILLS SH'BAM 1:45PM - 2:30PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 12:00PM - 12:45PM Virtual Studio</p>
<p> LES MILLS BODYPUMP 1:30PM - 2:00PM Virtual Studio</p>	<p> LES MILLS BODYATTACK 8:00AM - 8:45AM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Virtual Studio</p>	<p> LES MILLS BODYPUMP 10:35AM - 11:35AM Virtual Studio</p>	<p> LES MILLS BODYATTACK 11:15AM - 12:00PM Virtual Studio</p>	<p> LES MILLS SH'BAM 3:00PM - 3:45PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 1:00PM - 1:45PM Virtual Studio</p>
<p> LES MILLS BODYCOMBAT 2:15PM - 3:00PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 11:30AM - 12:15PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 11:30AM - 12:15PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 12:45PM - 1:30PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 12:15PM - 1:15PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 4:00PM - 5:00PM Virtual Studio</p>	<p> LES MILLS BODYATTACK 2:00PM - 3:00PM Virtual Studio</p>
<p> LES MILLS barre 3:15PM - 3:45PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 12:30PM - 1:15PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 12:45PM - 1:45PM Virtual Studio</p>	<p> LES MILLS CORE 3:15PM - 3:45PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 1:30PM - 2:15PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 5:15PM - 6:00PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 3:15PM - 4:15PM Virtual Studio</p>
<p> LES MILLS BODYATTACK 4:00PM - 4:45PM Virtual Studio</p>	<p> LES MILLS CORE 1:30PM - 2:00PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 2:15PM - 3:00PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 4:00PM - 4:45PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 3:30PM - 4:15PM Virtual Studio</p>		<p> LES MILLS BODYPUMP 4:30PM - 5:15PM Virtual Studio</p>
<p> LES MILLS BODYPUMP 8:45PM - 9:30PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 2:15PM - 3:00PM Virtual Studio</p>	<p> LES MILLS barre 3:15PM - 3:45PM Virtual Studio</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 5:45PM Virtual Studio</p>	<p> LES MILLS SH'BAM 4:30PM - 5:15PM Virtual Studio</p>		
	<p> LES MILLS BODYCOMBAT 3:15PM - 4:00PM Virtual Studio</p>	<p> LES MILLS BODYATTACK 4:15PM - 5:00PM Virtual Studio</p>	<p> LES MILLS BODYATTACK 8:15PM - 8:45PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 8:00PM - 8:45PM Virtual Studio</p>		
	<p> LES MILLS barre 8:45PM - 9:15PM Virtual Studio</p>	<p> LES MILLS CORE 9:00PM - 9:30PM Virtual Studio</p>	<p> LES MILLS BODYPUMP 9:00PM - 9:45PM Virtual Studio</p>	<p> LES MILLS BODYBALANCE 9:00PM - 9:45PM Virtual Studio</p>		



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



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Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



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The original barbell workout for anyone looking to get lean, toned and fit - fast.



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Fun-loving and insanely addictive dance workout. No dance experience required!



Fun-loving and insanely addictive dance workout. No dance experience required!



Virtual Class Timetable