

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY						
6am	45	LES MILLS RPM	30	LES MILLS GRIT   STRENGTH	30	sprint	45	LES MILLS BODYPUMP	45	LES MILLS RPM	820am	30	LES MILLS GRIT   STRENGTH						
630am			45	LES MILLS BODYCOMBAT							9am	45	LES MILLS RPM						
645am							45	LES MILLS BODYCOMBAT				30	LES MILLS GRIT   CARDIO	55	LES MILLS RPM				
7am	45	LES MILLS BODYPUMP			45	LES MILLS BODYPUMP			45	LES MILLS BODYPUMP		55	BOXFIT	45	LES MILLS BODYCOMBAT				
915am	45	LES MILLS BODYCOMBAT	30	LES MILLS BODYPUMP	45	LES MILLS BODYCOMBAT	55	LES MILLS BODYPUMP			930am	** 45	LES MILLS BODYPUMP						
930am									30	METAPWR METAFIT	10am			55	LES MILLS BODYPUMP				
945am			30	CORE							1030am	55	LES MILLS BODYJAM						
1015am	60	LES MILLS BODYBALANCE			45	YOGA			60	VIRTUAL YOGA	1115am			45	LES MILLS BODYBALANCE				
1030am			60	FIT FOR ALL			60	FIT FOR ALL			1130am	55	LES MILLS BODYBALANCE						
1215pm	45	LES MILLS BODYPUMP	30	LES MILLS GRIT   CARDIO	45	LES MILLS BODYPUMP	30	sprint	45	LES MILLS BODYATTACK	30	LES MILLS BODYPUMP	HFW Instructors taking you through your paces in your favourite Class		INSTRUCTOR CLASS				
1245pm			15	LES MILLS BODYBALANCE			15	LES MILLS BODYBALANCE	30	CORE			Les Mills Virtual Classes - selection on the timetable		LES MILLS VIRTUAL				
3pm - 430pm	ROOM UNAVAILABLE PRIVATE HIRE During school term						ROOM UNAVAILABLE PRIVATE HIRE During school term						Les Mills On Demand - you choose your class, workout from 15-60 minutes		VIRTUAL ON DEMAND				
5pm	30	LES MILLS BODYATTACK	30	METAPWR METAFIT	45	LES MILLS RPM	30	LES MILLS GRIT   STRENGTH	30	LES MILLS BODYPUMP			<div><div>Length of Class 30 – 45 - 55</div><div>Virtual Class</div><div>Instructor Class</div></div> <div><div>45</div><div>LES MILLS BODYCOMBAT</div><div>30</div><div>LES MILLS BODYPUMP</div></div> <div>** Asterix - Class may start 5 minutes later</div>						
	30	sprint							30	sprint									
525pm					30	LES MILLS GRIT   CARDIO													
530pm	** 45	LES MILLS BODYPUMP	45	LES MILLS RPM			** 30	CORE	LES MILLS RPM	45	LES MILLS BODYCOMBAT								
545pm			60	LES MILLS BODYJAM															
6pm	60	BOXFIT			60	LES MILLS BODYPUMP	45	LES MILLS BODYCOMBAT											
GROUP FITNESS TIMETABLE															Effective May 2025				

\*\* Asterix - Class may start 5 minutes later

CLASS DESCRIPTIONS		
	<b>FIT FOR ALL</b>	is a workout that improves strengt , balance and cardio, using bodyweight and a variety of equipment. Ideal for all ages & fitness level, a great social class
<b>STRENGTH</b>	<b>BODYPUMP</b>	is a weights class for absolutely everyone. This form of weight training will make you toned, lean & fit and shape your body, without adding bulky muscles. Using light to moderate weights with lots of repititions, BODYPUMP gives you a total body workout that burns lots of calories. This 30-45-60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.
	<b>GRIT STRENGTH</b>	is a workout that improves strength and builds lean muscle, uses barebell, weight plate and body weight exercises to blast all major muscle groups.
<b>CARDIO</b>	<b>BODYATTACK - Virtual</b>	is a high-energy fitness class with moves that caters for total beginners to our total addicts. Combined with athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves your functional fitness, that is fitness that you need for everyday life, this is the sports-inspired cardio workout for building strength and stamina, taught in 30 - 45 -60 minutes formats.
	<b>BODYJAM</b>	is the ultimate combination of music & culture, this is the cardio workout where you are free to enjoy the sensation of dance. BODYJAM is made up of: house - Hip Hop - Drum "n" Bass - Trap - all styles of EDM.
	<b>BODYCOMBAT - Virtual</b>	is a high energy martial arts inspired workout. You will learn how to punch, kick and strike your way to superior fitness & stength in the class. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu. You will be releasing stress, having a blast & feeling like a champion before you know it
	<b>RPM</b>	is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit in our 30 - 45 - 60 minute classes. Based on the sport of cycle racing, RPM uses a series of simulated climbs and flats, mountain peaks, time trials, and interval training to create a workout where you control the intensity.
	<b>BOXFIT</b>	choose your format 30 minutes for beginners or that little extra 45 minutes for intermediate or 1 hour for the hard core workout. This is a boxing circuit class will improve your muscle reflexes in both your upper and lower body with punches and kicks. It will shape and tone the shoulders and legs, while burning plenty of calories along the way
<b>FLEXIBILITY / CORE</b>	<b>LM CORE</b>	provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it is the glue that holds everything together. You are guided through correct technique as you work with resistance bands and weight plates, as well as body weight exercises like crunches and hovers, you will also do exercises including hip, butt and lower back exercises. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body.
	<b>BODYBALANCE</b>	is a new yoga class for anyone and everyone. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Bending and stretching through safe & simpe yoga moves, a BODYBALANCE class blends elements of Tai Chi and Pilates to strengthen your entire body.
	<b>YOGA</b>	Yoga class is a 45-minute well-balanced class focused on moving the body along with the breath. It teaches the fundamentals of yoga, includes dynamic sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, and core work. This class helps de-stress, enhance your health and wellbeing, and build strength, flexibility, focus, balance and endurance, leaving you feeling centered, calm and relaxed.
<b>HIIT</b>	<b>METAPWR / METAFIT</b>	is a bodyweight & equipment high intensity workout adaptable for all fitness level and abilities. It is a metabolic workout using functional kit and exercises mixed with programmed timings and variations. Using equipment such as battle ropes, power bags, kettlebells, slam balls, sleds and plyo boxes in a fast-moving power circuit
	<b>SPRINT</b>	is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick and intense style of training that returns rapid results with minimal joint impact. In just 30-minutes SPRINT will challenge participants physical and mental limits. They'll push through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. The payoff is the calorie burn for hours after stepping off the bike
	<b>GRIT ATHLETIC</b>	is a workout, that will make you perform like an athlete, this workout uses a bench and combines explosive jumping exercises with agility trainig to build a powerful, lean and athletic body.
	<b>GRIT CARDIO</b>	is a workout, that will improve cardiovascular fitness, increase speed and maximise calorie burn, uses a variety of body weight exercises and provides the challenge and intensity to get results fast.