

Group Fitness Timetable

Beginning 15th January, 2024

PROGRAM ROOM 1 – Mind & Body							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am	LESMILLS SH'BAM 30'	CORE 30'	CORE 30'	CORE 30'	LESMILLS SH'BAM 30'		
6:15am		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE			
7:15am	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	CORE 30'	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
8:30am	LESMILLS BODYBALANCE 45'	CORE 30'	YOGA 8:00am	CORE 30'	TUTORIAL CORE 30'	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
9:30am	PILATES FLOW	AB BLAST 15 10:35AM	LESMILLS BODYBALANCE CORE	AB BLAST 15 10:35AM	ACTIVE SHANTI	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
11:00am	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	YOGA	LESMILLS BODYBALANCE
12:30pm	LESMILLS BODYBALANCE 30'	CORE 30'	LESMILLS SH'BAM 30'	CORE 30'	LESMILLS BODYBALANCE 30'		
4:00pm	TUTORIAL LESMILLS BODYBALANCE 30'	TUTORIAL CORE 30'	TUTORIAL LESMILLS BODYBALANCE 30'	TUTORIAL CORE 30'	TUTORIAL LESMILLS BODYBALANCE 30'		
4:30pm	BEGINNER LESMILLS BODYBALANCE 30'	BEGINNER CORE 30'	STRENGTH LESMILLS BODYBALANCE 30'	CORE 30'	FLEXIBILITY LESMILLS BODYBALANCE 30'	CORE 30'	LESMILLS BODYBALANCE
5:30pm	YOGA LESMILLS BODYBALANCE 30'	TUTORIAL LESMILLS SH'BAM 30'	CORE 30'	ZUMBA		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
6:10pm	PILATES		SHANTI YOGA				
6:30pm		YIN YOGA		PILATES CORE	LESMILLS BODYBALANCE		
7:10pm	YOGA		AB BLAST 15				

PROGRAM ROOM 2 – High Intensity							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am		LESMILLS BODYPUMP 30'	LESMILLS BODYATTACK 30'	LESMILLS BODYPUMP 30'			
6:15am	BOOTCAMP	LESMILLS BODYATTACK 45'	LESMILLS SH'BAM 45'	LESMILLS BODYPUMP 45'	BOOTCAMP		
7:15am	LESMILLS SH'BAM 45'	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS SH'BAM 45'	LESMILLS BODYPUMP		
8:30am	LESMILLS BODYPUMP 45'	LESMILLS SH'BAM 45'	LESMILLS BODYATTACK 45'	LESMILLS SH'BAM 45'	LESMILLS BODYATTACK 45'	LESMILLS BODYPUMP 45'	LESMILLS BODYPUMP 45'
9:30am	LESMILLS BODYATTACK	TOTAL BODY CIRCUIT	TUTORIAL LESMILLS SH'BAM	TOTAL BODY CIRCUIT	LESMILLS BODYPUMP	BOXFIT	TUTORIAL LESMILLS BODYPUMP
10:35am	LESMILLS SH'BAM 45'	ACTIVE AGEING	LESMILLS BODYPUMP	ACTIVE AGEING	TUTORIAL LESMILLS BODYATTACK 45'	AB BLAST 15	LESMILLS SH'BAM 45'
12:30pm	LESMILLS BODYATTACK 30'	LESMILLS SH'BAM 30'	LESMILLS BODYPUMP 30'	LESMILLS BODYATTACK 30'	LESMILLS SH'BAM 30'		
4:00pm	TUTORIAL LESMILLS SH'BAM 30'	TUTORIAL LESMILLS BODYPUMP 30'	TUTORIAL LESMILLS SH'BAM 30'	TUTORIAL LESMILLS BODYATTACK 30'	TUTORIAL LESMILLS BODYPUMP 30'	TUTORIAL LESMILLS BODYATTACK 30'	TUTORIAL LESMILLS BODYPUMP 30'
4:30pm	LESMILLS SH'BAM 45'	BEGINNER LESMILLS BODYPUMP 30'	LESMILLS SH'BAM 45'	BEGINNER LESMILLS BODYATTACK 30'	LESMILLS BODYPUMP 45'	LESMILLS BODYATTACK	LESMILLS BODYPUMP
5:30pm	HIIT 30'	BURN	WOD 30'	BURN	ZUMBA		
6:10pm	BOXFIT		BOXFIT				
7:10pm		LESMILLS SH'BAM 45'	LESMILLS BODYPUMP	LESMILLS BODYATTACK			

All classes 55 minutes, unless otherwise shown. Indicates 45 minute class. Indicates 30 minute class.

Indicates VIRTUAL class. Indicates LIVE class.

Bookings mandatory. Towel use compulsory for all gym activity - if you forget, they are available for purchase at reception. Entry will not be permitted into any classes after the first 5 minutes. Classes subject to change without notice.

Group Fitness Timetable

Beginning 15th January, 2024

BAY PAVILIONS
ARTS+
AQUATIC

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am	LES MILLS sprint 30		LES MILLS sprint 30		LES MILLS sprint 30		
6:15am		TRI-RPM Ride & Run	LES MILLS RPM	LES MILLS RPM			
7:15am	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS sprint 30	LES MILLS RPM		
8:30am	LES MILLS RPM	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS THE TRIP	LES MILLS RPM
9:30am	LES MILLS THE TRIP		LES MILLS sprint 30		LES MILLS RPM	LES MILLS RPM	LES MILLS sprint 30
10:35am	LES MILLS RPM	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS THE TRIP		
12:30pm	LES MILLS RPM	LES MILLS sprint 30	LES MILLS RPM	LES MILLS sprint 30	LES MILLS RPM		
4:00pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		
4:30pm	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS THE TRIP
5:30pm	LES MILLS RPM		INTERMEDIATE RPM				
6:10pm	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS RPM	LES MILLS THE TRIP		
7:10pm		LES MILLS RPM	LES MILLS sprint 30	LES MILLS RPM	LES MILLS THE TRIP		

All classes 50 minutes, unless otherwise shown. Indicates 45 minute class. Indicates 30 minute class. Indicates LIVE class. Indicates VIRTUAL class.

AQUA FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am		DEEP WATER AQUA		DEEP WATER AQUA			
8:00am	AQUA AEROBICS						
8:30am		AQUA ZUMBA AEROBICS		DEEP WATER AQUA	AQUA ZUMBA AEROBICS		
9:30am	GENTLE MOBILITY	AQUA MOBILITY	AQUA AEROBICS	AQUA AEROBICS			
10:30am			AQUA MOBILITY		AQUA MOBILITY		
7:20pm	AQUA ZUMBA AEROBICS						

All Aqua classes run for 45 minutes

Aqua Aerobics & Aqua Zumba are run in the 25m Pool. Aqua Mobility is run in the Warm Water Pool

Bookings mandatory. Towel use compulsory for all gym activity - if you forget, they are available for purchase at reception. Entry will not be permitted into any classes after the first 5 minutes. Classes subject to change without notice.

LESMILLS **BODYATTACK**

30 45 55

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenge your limits in a good way!

LESMILLS **BODYBALANCE**

30 45 55

A new generation yoga class that is ideal for everyone and will improve your mind, your body, and your life. Bend, stretch and breath through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Instructors will always provide options for those just getting started.

LESMILLS **SH'BAM**

30 45

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

LESMILLS **BODYPUMP**

30 45 55

The ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically backed moves and techniques, pumping out encouragement, motivation and great music!

LESMILLS **RPM**

30 45 55

A fun, low impact, group indoor cycling workout where you control the intensity. With great music pumping and the group cycling as one, take a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

LESMILLS **sprint**

30

Burn calories for hours after this 30-minute High-Intensity Interval Training (HIIT) workout, that uses an indoor bike to achieve fast results. It's a short, intense style of training, proven to return rapid results, where the thrill and motivation comes from pushing your physical and mental limits.

LESMILLS **THE TRIP**

45

A fully immersive workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.

LESMILLS **CORE AB BLAST 15**

30 45

Build incredible tone, strength, stability, and endurance in the muscles that support your core. Improve balance, assist injury prevention, and become better at everything you do! All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. AB BLAST 15 – the 15 minute finisher, perfect after a workout!

AQUA **AEROBICS**

45

A fast paced, fun and high energy workout in the lap pool. This workout is set to a selection of great music and will incorporate a variety of aquafit equipment. One of the main benefits of Aqua classes is that they are low impact – perfect for all fitness levels.

AQUA **MOBILITY**

GENTLE **MOBILITY**

45

Slower-paced movement and mobility focused, this workout in our warm water pool is designed to get you moving through your full range of motion using a variety of aquafit equipment. Low impact and perfect for all fitness levels, come and unwind at Aqua Mobility. GENTLE mobility is a little bit slower and more gentle than Aqua Mobility.

DEEP WATER **AQUA**

45

This fun and upbeat Aqua Aerobics class utilises the Aqua Belts so you will be suspended in the deep end for your workout. This class will have you feeling every muscle in your body without the impact of training on the ground. Set to a selection of great music, DEEP WATER AQUA incorporates a variety of aquafitness equipment including noodles and pool dumbbells. Suitable for all fitness levels.

AQUA **ZUMBA** FITNESS

45

Aqua Zumba is an upbeat water workout for conditioning, toning, and having great fun. With less impact on your joints, an Aqua Zumba® class allows you to really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles while you feel like you're at a pool party.

BURN

55

Burn baby burn! This high intensity interval and functional strength fusion class will have you burning calories for hours – even after you finish!

You will combine strength training moves with short intense bursts of work for a full body functional workout for every body.

BOOTCAMP

55

A high-energy functional workout, designed to make you work every part of your body. Using a variety of bodyweight, free weight and functional equipment, you will burn calories for hours. Always a different style, always fun!

BP WOD

30

The BP WOD or Bay Pavilions Workout of the Day is a short, high-energy functional workout, designed to make you work every part of your body. Sometimes focusing on a specific body part, the WOD uses a variety of bodyweight, free weight and functional equipment. You're sure to burn calories for hours and have a blast.

TRI-RPM **Ride & Run**

55

The Brick Session!
A 40 minute RPM class followed by a 15 minute outdoor run. (You don't have to do the run if you just want to ride!)

BOXFIT

55

Agility, strength and cardio combined! This Boxing/Fitness workout will develop core strength and boxing technique with drills and combinations as you challenge yourself with intervals of cardio and bodyweight exercises. Have fun punching, ducking and weaving to a fitter, healthier you.

PILATES **CORE**

55

A slower paced, floor-based body conditioning class that combines breathing, stretching and strengthening to achieve and maintain optimal posture. Move freely and efficiently by strengthening your deep abdominal muscles and core stabilisers while stretching out tense neck and shoulder muscles.

PILATES **FLOW**

55

A moving combination of Pilates and Flow Yoga. Strengthen and Lengthen as you combine deep abdominal work with this continuous flow of movement and breath, generating a meditative state, encouraging you to let go of thought and focus on experience of the present moment

HIIT

30

High Intensity Interval Training will get your heart pumping and your blood flowing! This class will incorporate plyometrics and functional movements in short, explosive bursts to torch calories all day long.

Active **Ageing**

ACTIVE **SHANTI**

55

Designed for our wiser members, this class focusses on mobility, strength and balance – all core components in keeping you feeling young and fabulous! Suitable for all fitness levels. All exercises can be scaled to your specific needs. ACTIVE SHANTI – Ease into increased strength, flexibility, balance, mobility, and mindfulness with this slower-paced, yet powerful class.

YOGA

55

A dynamic yoga class that builds strength, mobility and endurance while calming and relieving tension. Designed to enhance vitality and a sense of wellbeing, move through a series of poses connecting you with your breath, creating a feeling of calm and tranquility. YIN YOGA – a slow controlled practice. each posture is held for 3-4 minutes to stretch deep into the tissue and fascia. SHANTI YOGA – a gentle and restorative practice

ZUMBA

55

Get fit and have fun in the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

TOTAL BODY **CIRCUIT**

45

A high-energy functional workout, designed to make you work every part of your body. Using a variety of bodyweight, free weight and functional equipment, you will burn calories for hours. Always a different style, always great!

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