

Group Fitness Timetable

Beginning April 29th, 2024

PROGRAM ROOM 1 - Mind & Body

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am	LESMILLS DANCE 30'	LESMILLS CORE 30'	LESMILLS CORE 30'	LESMILLS CORE 30'	LESMILLS DANCE 30'		
6:15am		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE			
7:15am	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
8:30am	LESMILLS BODYBALANCE 45'	LESMILLS CORE 30'	YOGA 8:00am	LESMILLS CORE 30'	LESMILLS CORE 30'	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
9:30am	PILATES FLOW		PILATES FUSION		LESMILLS ACTIVE SHANTI	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
10:35am	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BARRE PILATES	YOGA 11AM	LESMILLS BODYBALANCE 11AM
12:30pm	LESMILLS BODYBALANCE 30'	LESMILLS CORE 30'	LESMILLS DANCE 30'	LESMILLS CORE 30'	LESMILLS BODYBALANCE 30'		
4:00pm	LESMILLS TUTORIAL BODYBALANCE 30'	LESMILLS TUTORIAL CORE 30'	LESMILLS TUTORIAL BODYBALANCE 30'	LESMILLS TUTORIAL CORE 30'	LESMILLS TUTORIAL BODYBALANCE 30'	LESMILLS TUTORIAL CORE 30'	LESMILLS TUTORIAL BODYBALANCE 30'
4:30pm	LESMILLS BEGINNER BODYBALANCE 30'	LESMILLS BEGINNER CORE 30'	LESMILLS STRENGTH BODYBALANCE 30'	LESMILLS BEGINNER CORE 30'	LESMILLS FLEXIBILITY BODYBALANCE 30'	LESMILLS CORE 30'	LESMILLS BODYBALANCE
5:30pm		CORE YOGA	LESMILLS CORE 30'	ZUMBA	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
6:10pm	PILATES		SHANTI YOGA				
6:30pm							
7:10pm	YOGA NIDRA	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE		

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 DANCE 45'	LESMILLS BODYPUMP 45'	BOOTCAMP		
7:15am	LESMILLS BODYATTACK 45'	LESMILLS BODYPUMP	LESMILLS STEP / BODYPUMP	LESMILLS DANCE 45'	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS BODYATTACK
8:30am	LESMILLS BODYPUMP 45'	LESMILLS DANCE 45'	LESMILLS BODYATTACK 45'	LESMILLS DANCE 45'	LESMILLS BODYATTACK 45'	LESMILLS BODYPUMP 45'	LESMILLS BODYPUMP 45'
9:30am		TOTAL BODY CIRCUIT		TOTAL BODY CIRCUIT	LESMILLS BODYPUMP	BOXFIT	LESMILLS TUTORIAL BODYPUMP
10:35am	LESMILLS DANCE 45'	LESMILLS ACTIVE AGEING	LESMILLS BODYPUMP	LESMILLS ACTIVE AGEING	LESMILLS TUTORIAL BODYATTACK 45'	AB BLAST 15	LESMILLS DANCE 45'
12:30pm	LESMILLS BODYATTACK 30'	LESMILLS DANCE 30'	LESMILLS BODYPUMP 30'	LESMILLS BODYATTACK 30'	LESMILLS DANCE 30'		
4:00pm	LESMILLS TUTORIAL SH'BAM 30'	LESMILLS TUTORIAL BODYPUMP 30'	LESMILLS TUTORIAL SH'BAM 30'	LESMILLS TUTORIAL BODYATTACK 30'	LESMILLS TUTORIAL BODYPUMP 30'	LESMILLS TUTORIAL BODYATTACK 30'	LESMILLS TUTORIAL BODYPUMP 30'
4:30pm	LESMILLS DANCE 45'	LESMILLS BEGINNER BODYPUMP 30'	LESMILLS DANCE 45'	LESMILLS BEGINNER BODYATTACK 30'	LESMILLS BODYPUMP 45'	LESMILLS BODYATTACK	LESMILLS BODYPUMP
5:30pm	BUILD	BURN	WOD 30'	BURN	ZUMBA		
6:10pm			BOXFIT				
7:10pm		LESMILLS DANCE 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	LES MILLS THE TRIP	LES MILLS THE TRIP
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 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	LES MILLS THE TRIP	LES MILLS THE TRIP
4:00pm	LES MILLS RPM	LES MILLS RPM	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	LES MILLS THE TRIP	LES MILLS THE TRIP
7:10pm		LES MILLS RPM	LES MILLS sprint 30'	LES MILLS RPM			

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 AEROBICS		
9:30am	GENTLE MOBILITY	AQUA MOBILITY	AQUA AEROBICS	AQUA AEROBICS			AQUA AEROBICS
10:30am			AQUA MOBILITY		AQUA MOBILITY		
6:15pm			AQUA ZUMBA				

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.

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!

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.

DANCE

30 45

LES MILLS DANCE™ is a high-energy, yet simple to master dance workout that will reinvent the way you move and sweat! 45-minutes, 10 fun, stand-alone tracks, inspired by global dance genres and designed by dancers – great for anyone who loves to dance or move their body!

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!

RPM

30 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!

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.

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.

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 & a variety of aquafitness equipment, 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. Suitable for all fitness levels.

AQUA ZUMBA

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

BUILD

55

Functional strength training at its finest! This combo class incorporates weightlifting and functional movements & is designed to build lean muscle over your whole 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 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.

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. YOGA NIDRA – gentle movement and breath work followed by guided relaxation. Invite calm into your body & mind. 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!

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.