

Group Fitness Timetable

Beginning 16th September, 2024

BAY
PAVILIONS
ARTS+
AQUATIC

PROGRAM ROOM 1 – Mind & Body

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

PROGRAM ROOM 2 – High Intensity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am		LES MILLS BODYPUMP 30'	LES MILLS BODYATTACK 30'	LES MILLS BODYPUMP 30'			
6:15am	BOOTCAMP	LES MILLS BODYATTACK 45'	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP 45'	BOOTCAMP		
7:15am	LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP	STEP	GRIT 30' ATHLETIC	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYATTACK
8:30am	LES MILLS BODYPUMP 45'	LES MILLS DANCE 45'	LES MILLS BODYATTACK 45'	LES MILLS BODYCOMBAT 45'	LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYPUMP 45'
9:30am	LES MILLS BODYPUMP & STRETCH	TOTAL BODY CIRCUIT		TOTAL BODY CIRCUIT	LES MILLS BODYPUMP	BOXFIT	TUTORIAL LES MILLS BODYPUMP
10:35am	LES MILLS DANCE 45'	ACTIVE AGEING	LES MILLS BODYPUMP	ACTIVE AGEING	LES MILLS BODYATTACK 45'	AB BLAST 15	LES MILLS DANCE 45'
12:30pm	GRIT 30' CARDIO	LES MILLS DANCE 30'	LES MILLS BODYPUMP 30'	LES MILLS BODYATTACK 30'	GRIT 30' STRENGTH	LES MILLS BODYATTACK	LES MILLS BODYPUMP
4:00pm	TUTORIAL LES MILLS BODYCOMBAT 30'	TUTORIAL LES MILLS BODYPUMP 30'	TUTORIAL LES MILLS SH'BAM 30'	TUTORIAL LES MILLS BODYATTACK 30'	TUTORIAL LES MILLS BODYPUMP 30'	TUTORIAL LES MILLS BODYATTACK 30'	TUTORIAL LES MILLS BODYPUMP 30'
4:30pm	BEGINNER LES MILLS BODYCOMBAT	BEGINNER LES MILLS BODYPUMP 30'	LES MILLS DANCE 45'	LES MILLS BODYATTACK 30'	LES MILLS BODYPUMP 45'		
5:30pm	GRIT 30' STRENGTH	LOWER BUILD 30'	WOD 30'		ZUMBA		
6:10pm		BURN 6pm 30'	LES MILLS BODYCOMBAT	UPPER BUILD			
7:10pm		LES MILLS DANCE 45'	GRIT 30' STRENGTH	GRIT 30' CARDIO			

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

Indicates VIRTUAL class.

Indicates LIVE class.

*5:40am classes only available to Platinum/Gold Members

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 16th September, 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'	 BEGINNER LES MILLS RPM 30'	 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 30'	 LES MILLS sprint 30'	 LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM 30'	 LES MILLS THE TRIP	 LES MILLS THE TRIP
4:00pm	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'	 TUTORIAL LES MILLS RPM 30'
4:30pm	 LES MILLS sprint 30'	 LES MILLS THE TRIP	 LES MILLS sprint 30'	 LES MILLS THE TRIP	 LES MILLS sprint 30'		
5:30pm	 LES MILLS RPM 30'			 LES MILLS sprint 30'	 LES MILLS THE TRIP		
6:10pm	 LES MILLS THE TRIP	 LES MILLS sprint 30'	 LES MILLS RPM	 LES MILLS RPM			
7:10pm		 TUTORIAL LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM			

All classes 55 minutes, unless otherwise shown.

 Indicates 45 minute class.

 Indicates 30 minute class.

 Indicates VIRTUAL class.

 Indicates LIVE class.

*5:40am classes only available to Platinum/Gold Members

AQUA FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am		 DEEP WATER		 DEEP WATER			
8:15am	 AQUA AEROBICS						
8:30am		 AQUA AEROBICS	 AQUA AEROBICS	 DEEP WATER	 AQUA AEROBICS		
9:30am	 GENTLE MOBILITY	 AQUA MOBILITY		 AQUA AEROBICS			 AQUA AEROBICS
10:30am			 AQUA MOBILITY		 AQUA MOBILITY		
6:30pm		 AQUA ZUMBA AEROBICS					

All Aqua classes run for 45 minutes – Entry will not be permitted into any classes after the first 5 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. Classes subject to change without notice.



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!



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.



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!



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, scientifically backed workout. BODYPUMP & STRETCH is a 35 minute BODYPUMP class followed by 25 minutes of Stretching.



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!



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.



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.



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!



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.



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.



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.



a 30 minute strength class focussed on either the Lower or Upper Body. Both classes are followed by a 30 minute BURN class – so you will still get a full body workout every time. Let your instructor guide you with evidence based training protocols to build lean muscle & strength for life!



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.



Punch and kick your way to fitness! This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.



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!



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.



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!)



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.



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.



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



Combining cardio with lower body strength & endurance, STEP will see you laughing and learning combinations while you build strong, lean legs. Almost like a dance party, STEP is perfect for all fitness levels.



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. GENTLE YOGA – Ease into increased strength, flexibility, balance, mobility, and mindfulness with this slower-paced, yet powerful class.



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



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



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.

LIVE/INSTRUCTOR LEAD GROUP FITNESS CLASSES

BAY
PAVILIONS
ARTS+
AQUATIC

Beginning 1st November, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BOOTCAMP	TRI-RPM Ride & Run		LES MILLS RPM	BOOTCAMP		
7:15am		DEEP WATER	STEP AEROBICS	DEEP WATER			
8:15am	AQUA AEROBICS		YOGA				
8:30am		AQUA AEROBICS	AQUA AEROBICS	DEEP WATER	AQUA AEROBICS		
9:30am	LES MILLS BODY PUMP & STRETCH	FUNCTIONAL CIRCUIT	PILATES FUSION	AQUA AEROBICS	LES MILLS BODY PUMP	BOXFIT	AQUA AEROBICS
	PILATES FLOW	AQUA MOBILITY		FUNCTIONAL CIRCUIT	GENTLE YOGA		
	GENTLE MOBILITY						
10:35am		Active Ageing	AQUA MOBILITY 10:30AM	Active Ageing	AQUA MOBILITY 10:30AM		
					BARRE PILATES 10:45AM		
11:00am						YOGA	
5:30pm	LES MILLS RPM	LOWER BUILD	WOD	LES MILLS sprint	ZUMBA		
6:10pm	PILATES CORE	BURN 6pm	SHANTI YOGA	UPPER BUILD & BURN			
		ZUMBA AEROBICS 6:30pm		CORE YOGA			
7:10PM	YOGA NIDRA						

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

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. Bookings mandatory. Classes subject to change without notice.