

















































INSTRUCTOR LED GROUP FITNESS CLASSES

BAY
PAVILIONS
ARTS+
AQUATIC

Beginning NOVEMBER, 2025.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	 BOOTCAMP	 LES MILLS RPM		 LES MILLS RPM	 BOOTCAMP		
7:15am	 PILATES SHAPES	 DEEP WATER AQUA	 STEP AEROBICS	 YOGA  DEEP WATER AQUA			
8:30am	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS	 BARRE PILATES  DEEP WATER AQUA	 AQUA AEROBICS		
9:30am	 LES MILLS BODYPUMP & STRETCH	 FUNCTIONAL CIRCUIT	 FUNCTIONAL CIRCUIT	 FUNCTIONAL CIRCUIT	 LES MILLS BODYPUMP		
	 AQUA MOBILITY	 BARRE PILATES	 YOGA	 TAI CHI	 GENTLE YOGA	 FUNCTIONAL CIRCUIT	 AQUA AEROBICS
	 SLOW FLOW YOGA	 AQUA MOBILITY		 AQUA AEROBICS			
10:35am		 Active Ageing	 AQUA MOBILITY 10:30AM	 Active Ageing	 AQUA MOBILITY 10:30AM	 YOGA 11am	
5:30pm	 LES MILLS RPM 	 BUILD	 LES MILLS sprint 	 WOD55  GENTLE YOGA	 AQUA HIIT  WOD30		
6:10pm	 PILATES SHAPES		 PILATES SHAPES				

All AQUA classes 45 minutes, all other classes 55 minutes, unless otherwise shown.  Indicates 30 minute class.
Entry will not be permitted into any classes after the first 5 minutes. Bookings mandatory. Classes subject to change without notice.

Group Fitness Timetable

Beginning November, 2025.

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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	PILATES SHAPES	LES MILLS BODYBALANCE		YOGA	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
8:30am		LES MILLS CORE 45'		BARRE	LES MILLS CORE 30'	LES MILLS CORE 45'	LES MILLS BODYBALANCE
9:30am	SLOW FLOW	BARRE	YOGA	TAI CHI	GENTLE YOGA	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
11:00am		LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		YOGA	LES MILLS BODYBALANCE
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 DANCE 30'		LES MILLS DANCE 30'	GENTLE YOGA	LES MILLS BODYBALANCE		
6:10pm	PILATES SHAPES		PILATES SHAPES				

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 45'	LES MILLS BODYPUMP 45'	BOOTCAMP		
7:15am	LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP	STEP	LES MILLS GRIT 30' ATHLETIC	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK
8:30am	LES MILLS BODYPUMP 45'	LES MILLS DANCE 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYCOMBAT 45'	LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYPUMP 45'
9:30am	LES MILLS BODYPUMP & STRETCH	CIRCUIT	CIRCUIT	CIRCUIT	LES MILLS BODYPUMP	CIRCUIT	TUTORIAL LES MILLS BODYPUMP
10:35am		ACTIVE AGEING		ACTIVE AGEING	LES MILLS BODYBALANCE 30'	AB BLAST 15	LES MILLS DANCE 45'
12:30pm	LES MILLS GRIT 30' CARDIO	LES MILLS DANCE 30'	LES MILLS BODYPUMP 30'	LES MILLS BODYATTACK 30'	LES MILLS GRIT 30' STRENGTH	LES MILLS GRIT 30' STRENGTH	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	LES MILLS BODYPUMP 45'	LES MILLS DANCE 45'	BEGINNER LES MILLS BODYATTACK 30'	BEGINNER LES MILLS BODYPUMP 45'		
5:30pm	LES MILLS GRIT 30' STRENGTH	BUILD	LES MILLS GRIT 30' STRENGTH	WOD55	WOD30		
6:10pm	LES MILLS GRIT 30' CARDIO		LES MILLS BODYATTACK 30'				

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 November, 2025.

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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		LES MILLS RPM	 LES MILLS RPM	LES MILLS RPM			
7:15am	 LES MILLS RPM	 LES MILLS sprint 30'	 BEGINNER LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM	 THE TRIP	 THE TRIP
8:30am	 THE TRIP	 LES MILLS sprint 30'	 THE TRIP	 LES MILLS sprint 30'	 LES MILLS RPM	 THE TRIP	 LES MILLS RPM
9:30am	 THE TRIP		 LES MILLS sprint 30'				 LES MILLS sprint 30'
10:35am	 LES MILLS RPM	 THE TRIP	 LES MILLS sprint 30'	 LES MILLS RPM	 THE TRIP		
12:30pm	 LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM 30'	 THE TRIP	 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'	 THE TRIP	 LES MILLS sprint 30'	 THE TRIP	 LES MILLS sprint 30'		
5:30pm	 LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS sprint 30'		 THE TRIP		
6:10pm	 THE TRIP	 LES MILLS RPM 30'	 LES MILLS sprint 30'	 LES MILLS RPM 30'			

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			
8:30am	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS	 DEEP WATER	 AQUA AEROBICS		
9:30am	 AQUA MOBILITY	 AQUA MOBILITY		 AQUA AEROBICS			 AQUA AEROBICS
10:30am			 AQUA MOBILITY		 AQUA MOBILITY		
5:30pm					 AQUA HIIT		

All Aqua classes run for 45 minutes - Entry will not be permitted into any classes after the first 5 minutes.

Aqua Aerobics, HIIT & Deep Water are run in the 25m Pool. Aqua Mobility is run in the Warm Water Pool.

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

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 HIIT – A harder, fast paced Aqua Aerobics class designed to push your limits and increase your fitness

AQUA 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.

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.

BUILD

55

60 minute strength class focussed on the Whole Body. Time to learn how to go heavy, safely & feel indestructible! Let your instructor guide you with evidence based training protocols to build lean muscle & strength for life!

BOX & BURN

55

Coordination, Agility & Dexterity! 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. CAN BE NON CONTACT & a great coordination class for EVERY BODY!

BODYCOMBAT

55

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.

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

55 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.

FUNCTIONAL 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!

BARRE

55

A Low impact, ballet inspired workout! No dance or ballet experience necessary – Ballet Barre is designed to work every single muscle in your body, promoting balance, control, stability & grace. Perfect for those looking to tone up and work hard while having fun!

PILATES SHAPES

55

This is the workout you never knew you needed. An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

STEP

45

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.

Active Ageing

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.

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. SLOW FLOW YOGA is a slightly more gentle class

GENTLE YOGA

55

A soothing 75-minute practice designed to restore balance and calm. Move slowly through gentle stretches, grounding floor work, and mindful breathing before finishing with a peaceful guided meditation. Perfect for anyone wanting to release tension, improve mobility, and find a little stillness in their week.

TAI CHI

55

Slow down, breathe, and move with purpose. Our Tai Chi-inspired Qi Gong sessions combine gentle movement, mindful breathing, and relaxation to help improve balance, flexibility, and inner calm. Perfect for all ages and fitness levels – it's your weekly dose of peaceful energy.