

## GROUP FITNESS STUDIO

|         | MON                                  | TUE                                    | WED                                  | THU                                      | FRI  | SAT                                 | SUN                                |
|---------|--------------------------------------|--|--------------------------------------|--|--|-------------------------------------|------------------------------------|
| 6.15am  | LM Ceremony MDS   45                 |  |                                      |  |  |                                     |                                    |
| 6.30am  |                                      | <b>BODYPUMP</b><br>Noura   55          | LM Ceremony Yvette   45              | <b>BODYPUMP</b><br>Ryan   55             |  |                                     |                                    |
| 7.00am  |                                      |  |                                      |  | <b>GRIT</b> Series<br>Chris C   30                     |                                     |                                    |
| 7.30am  | YOGA RETURNS JULY                    | YOGA<br>Shelley   55                   | <b>PILATES</b><br>Sonia   55         | The Mat Method Pilates<br>Ryan   55      | <b>PILATES</b><br>Sonia   55                           | LM Ceremony<br>Chris C              |                                    |
| 8.30am  |                                      |  |                                      |  |  | LM Ceremony<br>Chris C              |                                    |
| 9.00am  |                                      |  | <b>SENIOR POSTURAL</b><br>Cris   55  | <b>FUNCTIONAL STRENGTH</b><br>Sarah   55 | <b>SENIOR STRETCH &amp; BALANCE</b><br>Cris/Kathy   55 |                                     | <b>BODYPUMP</b><br>Laurie   55     |
| 9.30am  | <b>SENIOR</b><br>Nat   45            |  |                                      |  |  | <b>BODYCOMBAT</b><br>Linda   55     |                                    |
| 10.30am | <b>SENIOR</b><br>Nat   45            |  |                                      |  |  |                                     |                                    |
| 10.45am |                                      |  |                                      |  |  | Strength Flow Pilates<br>Maëva   55 |                                    |
| 11.00am |                                      |  |                                      |  | <b>THE WORKS</b><br>Avril   55                         |                                     |                                    |
| 12.00pm |                                      |  |                                      |  |  | Forge & Flow<br>Paul   55           |                                    |
| 12.30pm | LM Strength Development<br>Nat   45  | <b>LES MILLS SHAPES</b><br>Joss   30   |                                      | <b>GRIT</b> Strength<br>Aram   30        | LM Ceremony<br>Nat                                     |                                     |                                    |
| 1.10pm  |                                      |  | <b>BODYPUMP</b><br>Noura   55        | <b>LES MILLS SHAPES</b><br>Kelly   30    |  |                                     |                                    |
| 4.00pm  |                                      |  |                                      |  |  | <b>BODYPUMP</b><br>Nicola   55      |                                    |
| 4.15pm  |                                      | <b>BODYPUMP</b><br>Rhiannan   45       |                                      |  |  |                                     |                                    |
| 4.30pm  | <b>LES MILLS CORE</b><br>Sophie   30 |  | LM Strength Development<br>Nat   30  | <b>LES MILLS CORE</b><br>Sophie   30     | <b>BODYATTACK</b><br>Sophie   45                       |                                     |                                    |
| 5.00pm  |                                      | <b>LES MILLS SHAPES</b><br>Karola   30 |                                      | <b>BODYBALANCE</b><br>Adro   45          |  |                                     | <b>BODYBALANCE</b><br>Rebecca   55 |
| 5.10pm  | <b>BODYATTACK</b><br>Sophie   45     |  | <b>BODYATTACK</b><br>Karola   45     |  |  |                                     |                                    |
| 5.30pm  |                                      | <b>GRIT</b> Series<br>Karola   30      |                                      |  | <b>BODYPUMP</b><br>Linda   55                          |                                     |                                    |
| 5.45pm  |                                      |  |                                      | Combat Express<br>Mel Q   30             |  |                                     |                                    |
| 6.00pm  | <b>BODYPUMP</b><br>Chris   45        |  | <b>LES MILLS SHAPES</b><br>Rose   40 |  |  |                                     |                                    |
| 6.15pm  |                                      | LM Ceremony<br>Karola   45             |                                      |  |  |                                     |                                    |
| 6.30pm  |                                      |  |                                      | LM Ceremony<br>Mel                       | <b>LES MILLS SHAPES</b><br>Linda   45                  |                                     |                                    |
| 6.45pm  | <b>BODYCOMBAT</b><br>Igor   45       |  | <b>BODYPUMP</b><br>Linda   45        |  |  |                                     |                                    |

## AQUA

|         | MON                       | TUE | WED                       | THU | FRI | SAT                     | SUN |
|---------|---------------------------|-----|---------------------------|-----|-----|-------------------------|-----|
| 11.30am |                           |     |                           |     |     | <b>AQUA</b><br>Amy   45 |     |
| 12.00pm |                           |     | <b>AQUA</b><br>Anita   50 |     |     |                         |     |
| 12.10pm | <b>AQUA</b><br>Trish   50 |     |                           |     |     |                         |     |



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# GROUP FITNESS TIMETABLE

## TIMETABLE EFFECTIVE AS OF MAY 4TH

## CYCLE STUDIO

|         | MON                        | TUE                        | WED                        | THU                              | FRI                                 | SAT                        | SUN                       |
|---------|----------------------------|----------------------------|----------------------------|----------------------------------|-------------------------------------|----------------------------|---------------------------|
| 6.15am  |                            |                            | <i>Sprint</i><br>Nat   30  |                                  |                                     |                            |                           |
| 6.30am  | <b>RPM</b><br>Sam   45     |                            |                            |                                  | <b>RPM</b><br>Christa   45          |                            |                           |
| 7.00am  |                            | <b>LES MILLS THE TRIP</b>  |                            | <b>LES MILLS THE TRIP</b>        |                                     | <b>LES MILLS THE TRIP</b>  |                           |
| 8.00am  |                            |                            |                            |                                  |                                     |                            | <b>LES MILLS THE TRIP</b> |
| 9.00am  |                            |                            |                            |                                  |                                     | <i>Sprint</i><br>Nat   30  |                           |
| 9.30am  |                            | <b>LES MILLS THE TRIP</b>  |                            | <b>LES MILLS THE TRIP</b>        |                                     |                            |                           |
| 10.00am |                            |                            |                            |                                  |                                     | <b>LES MILLS THE TRIP</b>  | <b>RPM</b><br>Rose   45   |
| 12.30pm | <b>LES MILLS THE TRIP</b>  | <b>RPM</b><br>Aram   45    | <b>LES MILLS THE TRIP</b>  |                                  | <i>Sprint</i><br>Virtual class   30 |                            |                           |
| 1.10pm  |                            |                            |                            | <b>RPM</b><br>Virtual class   45 |                                     |                            |                           |
| 4.30pm  |                            | <b>LES MILLS THE TRIP</b>  | <b>LES MILLS THE TRIP</b>  |                                  |                                     |                            | <b>LES MILLS THE TRIP</b> |
| 5.00pm  |                            |                            |                            |                                  |                                     | <b>RPM</b><br>Cecilia   45 |                           |
| 5.30pm  | <i>Sprint</i><br>Rose   30 |                            |                            | <b>RPM</b><br>Sophie   45        |                                     |                            |                           |
| 6.00pm  |                            |                            |                            |                                  | <b>LES MILLS THE TRIP</b>           |                            |                           |
| 6.10pm  |                            | <b>RPM</b><br>Christa   45 |                            |                                  |                                     |                            |                           |
| 6.15pm  |                            |                            | <b>RPM</b><br>Chris C   45 |                                  |                                     | <b>LES MILLS THE TRIP</b>  |                           |
| 6.30pm  |                            |                            |                            | <b>LES MILLS THE TRIP</b>        |                                     |                            |                           |

## SUSAC GYM FLOOR

|         | MON | TUE | WED                                 | THU | FRI | SAT | SUN |
|---------|-----|-----|-------------------------------------|-----|-----|-----|-----|
| 12.30pm |     |     |                                     |     |     |     |     |
| 5.30pm  |     |     | Strength & Conditioning<br>Nat   30 |     |     |     |     |

## BOXING GYM

|        | MON                                    | TUE | WED | THU                                    | FRI | SAT | SUN |
|--------|--|-----|-----|--|-----|-----|-----|
| 1.10pm |  |     |     | <b>LES MILLS THE TRIP</b><br>Aram   30 |     |     |     |
| 5.15pm | <b>LES MILLS THE TRIP</b><br>Aram   45 |     |     |  |     |     |     |



CLASSES WITH THIS SYMBOL NEED YOUR LOVE TO KEEP THEM ON THE TIMETABLE!