

CLASS TIMETABLE

LES MILLS



MON	TUES	WED	THURS	FRI	SAT	SUN
06:30-07:15 Sh'BAM Virtual Class	06:30-07:00 GRIT Strength Virtual Class	06:30-07:00 BARRE Virtual Class		06:30-07:00 Barre Virtual Class		
		08:00-09:00 BodyPump Jo Murray		08:00-09:00 BodyPump Jo Murray	08.15-09.00 GRIT Athletic Virtual Class	08:30-09:00 BARRE Virtual Class
09:15-10:00 Zumba Zoe Desmond	09:15-09:45 GRIT Athletic Virtual Class	09:15-10:15 BodyPump Virtual Class	09:15-10:15 Shredd Sizzle Summerell	09:15-10:15 BodyPump Sam Crane	09:15-10:15 BodyPump Gemma Langlely	09:45-10:45 Interval Training Kate Prys-Roberts
10:15-11:15 BodyPump Dave Fricker New for 2024	10:30-11:30 Latin-In-Line (Beginners) Zoe Desmond	10:30-11:30 Tai Chi Intermediate Neil Genge	10:30-11:30 Zumba Georgie Garcia	10:45-11:45 Total Body Conditioning Carol Hartley	10:20-11:20 BodyAttack Gemma Langlely	
11:30-12:30 Tai Chi Beginners Neil Genge	11:45-12:30 Boxercise Bart Dabkowski New for 2024!	11:30-12:30 Tai Chi Intermediate Neil Genge		12:00-13:00 Fitsteps Carol Hartley		
(GYM) 12:30-13:15 Skill Zone Gym Team New for 2024!		(GYM) 12:30-13:15 Skill Zone Gym Team New for 2024!	(GYM) 12:30-13:15 Skill Zone Gym Team New for 2024!	(GYM) 12:30-13:15 Skill Zone Gym Team New for 2024!		
			13:30-14:30 Yoga Georgie Garcia			13:00-13:45 Born To Move (8-12 Years) Virtual Class
16:00-16:30 GRIT Cardio Virtual Class	16:00-16:45 Sh'BAM Virtual Class	16:00-16:45 Born To Move (4-8 Years) Virtual Class	16:00-16:45 Born To Move (8-12 Years) Virtual Class	16:00-16:30 Core Virtual Class	15:00-15:45 Born To Move (4-8 Years) Virtual Class	
			17:15-18:00 Kettlebells Gemma Booth New for 2024!			
17:15-18:00 Kettlebells Jo Murray New for 2024!	18:00-19:00 BodyPump Jo Murray	18:00-18:45 BodyAttack Gemma Langlely	18:00-19:00 Legs, Bums & Tums (LBT) Kate Prys-Roberts New for 2024!			
18:15-19:00 Kettlebells Jo Murray		19:00-20:00 BodyPump Gemma Langlely		19:10-19:40 BARRE Virtual Class		
19:15-20:15 BodyCombat Suzy Cahill New for 2024!	19:15-20:15 Legs, Bums & Tums (LBT) Gemma Booth New for 2024!					

Please bring a water bottle. Wipe any equipment before and after use as per signage and directed by your class instructor. To book your class please access the timetable by the mywellness app.