

CLASS TIMETABLE

LES MILLS



MON	TUES	WED	THURS	FRI	SAT	SUN
		07:30-8:30 BodyBalance Jayne Phelps New for 2024!		08:30-09:30 Yoga Georgie Garcia	08:15-09:15 Yoga (Power) Vicky Rushton	
09:15-10:15 Yoga (Vinyasa) Intermediate Vicky Rushton	09:30-10:30 BodyBalance Carolyn Sheppard	09:15-10:15 Yoga (Vinyasa) Intermediate Vivv Sadd	09:00-10:00 Pilates Chiara Chatard	09:30-10:30 Zumba Georgie Garcia		09:30-10:30 Yoga Beginners Vicky Rushton
10:30-11:30 BodyBalance Sue Falconer	10:30-11:30 Pilates Carolyn Sheppard	10:30-11:30 Latin-in-Line (Intermediate) Zoe Desmond	10:00-11:00 Zumba Chiara Chatard			
	11:30-12:30 Yoga (Hatha) Beginners Mark Stanford	11:30-12:30 Zumba Hannah Stokes	11:30-12:30 Yoga Beginners Georgie Garcia	11:30-12:30 Yoga (Yin) Intermediate Justine Blaber		10:45-11:45 Pilates Intermediate Kate Prys-Roberts
12:00-13:00 Yoga (Hatha) Beginners Mark Stanford		12:30-13:30 Pilates Justine Blaber				
			13:30-14:30 BodyBalance Carolyn Sheppard	15:00-16:00 Yoga (Nidra) Beginners Vicky Rushton		
	17:00-18:00 Yoga (Hatha) Intermediate Mark Stanford	17:00-18:00 Pilates Intermediate Trish Davies	17:00-18:00 Damo Yoga Neil Genge			17:00-18:00 Yoga (Hatha) Beginners Mark Stanford
18:00-19:00 Yoga (Hatha) Beginners Mark Stanford	18:00-19:00 Interval Training Kate Prys-Roberts	18:00-19:00 Zumba Hannah Stokes	18:00-18:45 Barre Sue Falconer	18:00-19:00 BodyBalance Sue Falconer		
19:15-20:15 BodyBalance Sue Falconer New for 2024!	19:00-20:00 Pilates Kate Prys-Roberts	19:15-20:15 Yoga (Ashtanga) Intermediate Mark Stanford	19:15-20:15 Yoga (Hatha) Beginners Vicky Rushton			
	20:00-21:00 BodyBalance Sam Crane					

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.