



CLASS SCHEDULE

MONDAY

06.30 – 07.00	LESMILLS GRIT with Suzanne
08.45 – 09.00	EXPRESS ABS with Hannah
09.15 – 10.00	RIDE STUDIO CYCLING with Marianna
09.15 – 10.00	FIELD Fiit with Sean
10.15 – 11.00	BODY CONDITIONING with Marianna
11.30 – 12.30	PILATES with Emma
13.00 – 14.00	SPORTS YOGA with Esther
17.15 – 17.45	KETTLEBELLS with Stephen
18.00 – 18.45	RIDE STUDIO CYCLING with Stephen
18.00 – 18.45	FIELD Fiit with Sam
19.00 – 19.45	LEGS, BUMS & TUMS (tbc)
20.00 – 21.00	YOGA with Esther

TUESDAY

08.15 – 09.00	TONE UP with Stephen
09.15 – 10.00	LESMILLS BODYCOMBAT with Marianna
09.15 – 10.00	FIELD Fiit with Conor
10.15 – 11.00	LESMILLS BODYBALANCE with Marianna
18.00 – 18.45	LESMILLS BODYPUMP with Kathy
18.00 – 18.45	FIELD Fiit with Sam
19.00 – 19.45	STEP AEROBICS with Marianna
20.00 – 21.00	PILATES with Marianna

WEDNESDAY

06.15 – 07.00	RIDE STUDIO CYCLING with Hannah
09.15 – 10.00	LESMILLS BODYPUMP with Sarah
09.15 – 10.00	FIELD Fiit with Kelly
10.15 – 11.00	ZUMBA with Sarah
11.15 – 12.00	KICKSTART FITNESS with Sarah
18.00 – 18.45	LESMILLS BODYATTACK with Suzanne
18.00 – 18.45	FIELD Fiit with Jack
19.00 – 19.45	LESMILLS BODYBALANCE with Suzanne

THURSDAY

08.15 – 09.00	TONE UP with Stephen
09.15 – 10.00	RIDE STUDIO CYCLING with Stephen
09.15 – 10.00	FIELD Fiit with Lucy
10.15 – 11.15	GENTLE YOGA with Liza
11.30 – 12.30	PILATES with Emma
18.00 – 18.45	LESMILLS BODYPUMP with Bex
19.00 – 19.45	RIDE STUDIO CYCLING with Bex
20.00 – 21.00	YOGA with Esther

FRIDAY

06.30 – 07.00	LESMILLS GRIT with Suzanne
08.45 – 09.00	EXPRESS ABS with Kelly
09.15 – 10.00	RIDE STUDIO CYCLING with Hannah
10.15 – 11.00	LESMILLS BODYPUMP with Paul
12.30 – 13.15	FIELD Fiit with Nancy

SATURDAY

07.45 – 08.30	RIDE STUDIO CYCLING with Stephen
08.45 – 09.45	LESMILLS BODYPUMP with Bex
09.00 – 09.45	FIELD Fiit with Jack

SUNDAY

08.45 – 09.30	RIDE STUDIO CYCLING with Stephen
09.45 – 10.30	LESMILLS BODYATTACK with Suzanne
10.45 – 11.30	LESMILLS BODYBALANCE with Suzanne

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JOIN IN FROM HOME**