



## 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** with Anne-Marie  
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**