



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 – 10.15 **SHED Fiit** with Sean
10.15 – 11.00 **BODY CONDITIONING** with Marianna
11.30 – 12.30 **PILATES** with Emma
12.45 – 13.30 **LESMILLS BODYPUMP** with Suzanne
18.00 – 18.45 **RIDE STUDIO CYCLING** with Spencer
19.00 – 19.45 **LEGS, BUMS & TUMS** with Anne-Marie
20.00 – 21.00 **YOGA** with Esther

TUESDAY

08.15 – 09.00 **SHAPE & TONE** with Anne-Marie
09.15 – 10.15 **SHED Fiit** with Conor
09.15 – 10.00 **LESMILLS BODYCOMBAT** with Marianna
10.15 – 11.00 **LESMILLS BODYBALANCE** with Marianna
12.30 – 13.15 **SHED Fiit** with Kelly
13.00 – 13.45 **SPORTS YOGA** with Esther
18.00 – 18.45 **LESMILLS BODYPUMP** with Kathy
18.00 – 19.00 **SHED Fiit** with Sam
19.00 – 19.45 **LESMILLS BODYCOMBAT** with Marianna

WEDNESDAY

06.15 – 07.00 **RIDE STUDIO CYCLING** with Hannah
09.15 – 10.00 **LESMILLS BODYPUMP** with Sarah
09.15 – 10.15 **SHED 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 – 19.00 **SHED Fiit** with Jack
19.00 – 19.45 **LESMILLS BODYBALANCE** with Suzanne
20.00 – 21.00 **CIRCUITS** with Sean

THURSDAY

08.15 – 09.00 **LEGS, BUM & TUMS** with Anne-Marie
09.15 – 10.00 **RIDE STUDIO CYCLING** with Spencer
09.15 – 10.15 **SHED Fiit** with Freya
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

08.45 – 09.00 **EXPRESS ABS** with Kelly
09.15 – 10.00 **RIDE STUDIO CYCLING** with Hannah
09.15 – 10.15 **SHED Fiit** with Kelly
10.15 – 11.00 **LESMILLS BODYPUMP** with Paul
11.15 – 11.45 **LESMILLS GRIT** with Suzanne
18.00 – 19.00 **SHED Fiit** with Sean

SATURDAY

07.45 – 08.30 **RIDE STUDIO CYCLING** with Stephen
08.45 – 09.45 **LESMILLS BODYPUMP** with Bex
09.00 – 10.00 **SHED Fiit** with Jack

SUNDAY

08.45 – 09.30 **RIDE STUDIO CYCLING** with Stephen
09.45 – 10.30 **LESMILLS BODYATTACK** with Suzanne
10.00 – 11.00 **SHED Fiit** with Sean
10.45 – 11.45 **LESMILLS BODYBALANCE** with Suzanne

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**ALL STUDIO CLASSES ARE LIVE STREAMED SO YOU CAN
JOIN IN FROM HOME**