





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			<b>LES MILLS</b> <b>RPM</b>		<b>LES MILLS</b> <b>RPM</b>		
8.15am						<b>LES MILLS</b> <b>RPM</b>	
9am							<b>LES MILLS EXPRESS</b> <b>BODYPUMP</b> 
9.15am	<b>LES MILLS</b> <b>RPM</b>	<b>HIIT</b>				<b>LES MILLS</b> <b>BODYBALANCE</b>	
10am	<b>MATURE &amp; MOTIVATED</b>		<b>MATURE &amp; MOTIVATED</b>				<b>LES MILLS</b> <b>CORE</b>
10.30am		<b>PILATES</b> <sup>T</sup>					
5.30pm	<b>LES MILLS</b> <b>BODYPUMP</b> 		<b>LES MILLS</b> <b>BODYPUMP</b> 				
6pm	<b>YOGA</b> <b>EASY FLOW</b>	<b>LES MILLS</b> <b>RPM</b> 		<b>COMBO</b> <b>STEP PUMP</b>			
6.30pm		<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>CORE</b>				
6.30pm							
6.45pm	<b>ZUMBA</b>						
7pm				<b>PILATES</b> <sup>T</sup>			
7.30pm			<b>YOGA</b> <b>RESTORE</b>				
8pm				<b>PILATES</b> <sup>T</sup>			

<sup>T</sup> Term-time only.