

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LES MILLS RPM		LES MILLS RPM		
8.15am						LES MILLS RPM	
9am							LES MILLS EXPRESS BODYPUMP 
9.15am		HIIT		LES MILLS RPM		LES MILLS BODYBALANCE	
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				LES MILLS CORE
10.30am		PILATES ^T					
11.30am				MATURE & MOTIVATED			
5.30pm	LES MILLS BODYPUMP 		LES MILLS BODYPUMP 				
6pm	YOGA GENTLE FLOW	LES MILLS RPM 		COMBO STEP PUMP			
6.30pm		LES MILLS BODYPUMP	LES MILLS CORE				
6.45pm	ZUMBA						
7pm				PILATES ^T			
7.30pm			YOGA YIN YANG				
8pm				PILATES ^T			

^T Term-time only.