

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4am - 530am	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	4am - 8am VIRTUAL ON DEMAND	VIRTUAL ON DEMAND
530am	30 GRIT STRENGTH	30 GRIT CARDIO	30 GRIT ATHLETIC	30 GRIT STRENGTH	30 GRIT STRENGTH	815am 30 GRIT STRENGTH	30 GRIT ATHLETIC
6am	30 sprint	30 GRIT STRENGTH	45 LESMILLS RPM	30 GRIT ATHLETIC	45 LESMILLS RPM	845am 45 RPM	
630am	30 GRIT ATHLETIC	45 LESMILLS BODYCOMBAT	30 GRIT STRENGTH	45 LESMILLS BODYCOMBAT	30 GRIT ATHLETIC	9am 30 GRIT CARDIO	55 LESMILLS RPM 45 LESMILLS BODYCOMBAT
715am	45 LESMILLS BODYPUMP	30 GRIT STRENGTH	45 LESMILLS BODYPUMP	30 GRIT CARDIO	30 GRIT STRENGTH	930am 45 LESMILLS BODYPUMP 55 HFW BOXFIT	
915am	45 LESMILLS BODYCOMBAT	30 LESMILLS BODYPUMP	45 LESMILLS BODYCOMBAT	55 LESMILLS BODYPUMP	30 LESMILLS BODYATTACK	10am	
945am		30 CORE			30 CORE	1030am	
1015am	60 LESMILLS BODYBALANCE		45 YOGA		60 LESMILLS BODYBALANCE	11am	55 LESMILLS BODYPUMP
1030am		30 LESMILLS SH'BAM		30 LESMILLS SH'BAM		1130am	45 LESMILLS BODYBALANCE
1215pm	45 LESMILLS BODYPUMP	30 GRIT CARDIO	45 LESMILLS BODYPUMP	30 sprint	30 LESMILLS BODYPUMP	12pm	30 LESMILLS BODYJAM
1245pm		15 LESMILLS BODYBALANCE		30 STRENGTH & CONDITIONING 30 CORE	30 CORE	1pm - 530pm	
1pm / 115pm	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	VIRTUAL ON DEMAND	530pm - 12am	VIRTUAL ON DEMAND
3pm	ROOM UNAVAILABLE			ROOM UNAVAILABLE			
5pm	30 GRIT ATHLETIC 30 sprint	30 LESMILLS BODYATTACK	30 LESMILLS SH'BAM 45 LESMILLS RPM	30 GRIT STRENGTH	30 sprint 30 LESMILLS BODYPUMP	<p>HFW Instructors taking you through your paces in your favourite Class</p> <p>Les Mills Virtual Classes - selection on the timetable</p> <p>Les Mills On Demand - you choose your class, workout from 15-60 minutes</p> <p>CHECK GYMMASTER FOR OTHER AVAILABLE TIMES</p>	
530pm	45 LESMILLS BODYPUMP	30 CORE 45 LESMILLS RPM	30 GRIT CARDIO	30 ** CORE 30 LESMILLS RPM	45 LESMILLS BODYCOMBAT	<p>INSTRUCTOR CLASS</p> <p>LES MILLS VIRTUAL</p> <p>VIRTUAL ON DEMAND</p>	
6pm	60 HFW BOXFIT	30 ** LESMILLS BODYCOMBAT	60 LESMILLS BODYPUMP 60 HFW BOXFIT	30 ** LESMILLS BODYATTACK		<p>Length of Class: 30 - 45 - 55</p> <p>Virtual Class</p> <p>Instructor Class</p> <p>** Asterix - Class may start 5 minutes later</p>	
615pm					45 LESMILLS SH'BAM		
630pm	30 LESMILLS SH'BAM	45 ** LESMILLS BODYJAM		45 ** LESMILLS BODYJAM			
715pm	VIRTUAL ON DEMAND		VIRTUAL ON DEMAND		VIRTUAL ON DEMAND		
730pm		45 LESMILLS BODYBALANCE		45 LESMILLS BODYBALANCE			
815pm - 12am		VIRTUAL ON DEMAND		VIRTUAL ON DEMAND			

GROUP FITNESS TIMETABLE

Effective Monday 26th May 2022

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