September Timetable

Studio 1

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	RPM E	CORE	LESMILLS RPM	BODYSTEP	BODYBALANCE (1)		
7:30am						CORE	
8:30am			SVMBA STREET			RPM S	
9:30am	CIRCUIT TRAINING	Lesmills BODYPUMP	CIRCUIT TRAINING	CIRCUIT	MOBILITY	PILATES	LesMILLS BODYSTEP
10:30am							
4:30pm				BOXING	450		
5:30pm	BODYSTEP 30	SYNBA ONES	BODYBALANCE	CORE (30	SVMBA THEST		
6:15pm	BODYBALANCE (30						

Studio 2

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:30pm	BOOTCAMP	нит 🕹					
5:30pm	BOOTSANE	HIIT					

Virtual Classes

ALL VIRTUAL CLASSES ARE HELD
IN STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am	LESMILLS BODYPUMP	LESMILLS (30	CORE	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP (30	ONDEMAND	ONDEMAND
4:45am	BODIFOMF	BODYPUMP		LESMILLS BODYPUMP	▼ Mines		
5:00am	LESMILLS BODYPUMP (30		BODYCOMBAL CO		LESMILLS (30		
5:45am						BODYPUMP	
6:30am						LESMILLS BODYCOMBAT	Lesmills BODYPUMP
6:45am	CORE	BODYPUMP (30	BODYCOMBAT (30				
7:30am		LesMILLS BODYCOMBAT	BODYBALANCE 30	CORE	LESMILLS BODYCOMBAT		LESMILLS RPM
8:00am	BODYCOMBAT		▼ MINS	BODYBALANCE			
8:30am		CORE (iii					
9:00am							
9:30am						BODYBALANCE	
10:40am	CORE 📆	Lesmills BODYBALANCE			CORE (i)		
12:15pm	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND
2:00pm	LESMILLS SH'BAM®	LesMILLS RPM	LesMILLS BODYCOMBAT	BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS RPM	ONDEMAND
3:00pm	BODYPUMP	LESMILLS SH'BAM®	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT	Lesmills BODYPUMP	BODYBALANCE	BODYBALANCE
4:00pm	LesMills RPM	CORE	Lesmills BODYPUMP	RPM 30	LESMILLS SH'BAM®	BODYPUMP 30	LESMILLS RPM
4:45pm		RPM (30			CORE 30		
5:00pm						BODYBALANCE	BODYCOMBAT
7:00pm	LESMILLS BODYPUMP	BODYBALANCE			LesMills RODVDIMD	LESMILLS BODYPUMP	

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use



30 min class