



### Staffed Reception Hours

Mon – Fri 8.30am – 6.30pm  
 Saturday 8.30am – 11.30am

Access card required outside these times

### Crèche Hours

Mon – Fri 8.30am-11.30am & 3pm-6.30pm  
 Sat 8.00am-11.30am

## GROUP FITNESS TIMETABLE EFFECTIVE JANUARY 2019 ONLY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00am	LES MILLS CXWORX	LES MILLS RPM 30 min	LES MILLS BODYBALANCE 30min	LES MILLS RPM 30 min	LES MILLS CXWORX	LES MILLS BODYCOMBAT	
6.00am	LES MILLS RPM	FITBOX	LES MILLS BODYCOMBAT	LES MILLS GRIT	LES MILLS BODYPUMP		
7.00am							LES MILLS CXWORX
8.00am						LES MILLS GRIT	
8.30am						LES MILLS BODYATTACK	
9.30am	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS RPM
10.30am	LES MILLS BODYBALANCE		LES MILLS CXWORX			LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
11.00am							
11.45am			50+ YOUNG AT HEART				
12.30pm	LES MILLS RPM	LES MILLS CXWORX		LES MILLS BODYPUMP		LES MILLS RPM	
1.00pm			LES MILLS RPM				LES MILLS BODYCOMBAT
4.00pm	LES MILLS GRIT					LES MILLS SH'BAM	LES MILLS BODYPUMP
4.40pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	50/50	FITBOX	LES MILLS RPM		
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYPUMP	FORCE	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYBALANCE
6.30pm			YOGA	LES MILLS BODYBALANCE	LES MILLS CXWORX	LES MILLS BODYPUMP	
6.40pm	LES MILLS CXWORX	LES MILLS RPM					
8.30pm	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
10.00pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS SH'BAM	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP
11.30pm	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS SH'BAM	LES MILLS RPM	LES MILLS CXWORX

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 ACCESS CARD REQUIRED FOR CLASSES HIGHLIGHTED GREY