



Staffed Reception Hours

Mon – Thurs 9.00am – 6.30pm
 Friday 9.00am – 3.00pm
 Saturday 8.30am – 11.30am

Access card required outside these times

Crèche Hours

Mon – Thurs 9.00am – 12pm & 3 - 6.30pm
 Friday 9.00am – 12pm
 Saturday 7.45am – 11.30am

GROUP FITNESS TIMETABLE EFFECTIVE JANUARY 2nd to 27th ONLY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00am	LES MILLS CXWORX (Virtual)	LES MILLS RPM 30 min (Virtual)	LES MILLS BODYBALANCE 30min (Virtual)	LES MILLS RPM 30 min (Virtual)	LES MILLS CXWORX (Virtual)	LES MILLS BODYCOMBAT (Virtual)	
6.00am	LES MILLS RPM (Virtual)	FITBOX (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS GRIT (Virtual)	LES MILLS BODYPUMP (Virtual)		
7.00am							LES MILLS CXWORX (Virtual)
8.00am						LES MILLS GRIT (Virtual)	
8.30am						LES MILLS BODYATTACK 45min (Virtual)	
9.30am	LES MILLS BODYPUMP (Virtual)	LES MILLS BODYATTACK (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYSTEP (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS RPM (Virtual)
10.30am	LES MILLS BODYBALANCE (Virtual)		LES MILLS CXWORX (Virtual)		LES MILLS CXWORX (Virtual)	LES MILLS BODYBALANCE (Virtual)	LES MILLS BODYBALANCE (Virtual)
11.00am							
11.45am			50+ YOUNG AT HEART (Virtual)				
12.30pm	LES MILLS RPM (Virtual)	LES MILLS CXWORX (Virtual)		LES MILLS BODYPUMP (Virtual)		LES MILLS BODYCOMBAT (Virtual)	
1.00pm			LES MILLS RPM (Virtual)		LES MILLS SH'BAM (Virtual)		LES MILLS BODYCOMBAT (Virtual)
4.00pm	LES MILLS GRIT (Virtual)					LES MILLS SH'BAM (Virtual)	LES MILLS BODYCOMBAT (Virtual)
4.40pm	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYPUMP (Virtual)	50/50 (Virtual)	FITBOX (Virtual)	SPINERGY (Virtual)		LES MILLS BODYPUMP (Virtual)
5.30pm	LES MILLS BODYPUMP (Virtual)	LES MILLS BODYSTEP (Virtual)	FORCE (Virtual)	LES MILLS BODYATTACK (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYBALANCE (Virtual)
6.30pm				LES MILLS BODYBALANCE (Virtual)		LES MILLS BODYPUMP (Virtual)	
6.40pm	LES MILLS CXWORX (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYBALANCE (Virtual)		LES MILLS SH'BAM (Virtual)		
8.30pm	LES MILLS SH'BAM (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS BODYBALANCE (Virtual)		
10.00pm	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS CXWORX (Virtual)	LES MILLS SH'BAM (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYBALANCE (Virtual)	LES MILLS BODYPUMP (Virtual)
11.30pm	LES MILLS BODYPUMP (Virtual)	LES MILLS CXWORX (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYBALANCE (Virtual)	LES MILLS SH'BAM (Virtual)	LES MILLS RPM (Virtual)	LES MILLS CXWORX (Virtual)

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 ACCESS CARD REQUIRED FOR CLASSES HIGHLIGHTED GREY
 CLASSES WITH (Virtual) LOGO ARE VIRTUAL CLASSES