

NEW

D2F UPDATED Summer timetable:
VINYASA FLOW



YOGA CLASS SATURDAY PM 3:30pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
6:00	LES MILLS RPM	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	6:00	H.I.I.T. D45 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	9:00	LES MILLS BODYPUMP
		6:00	LES MILLS BODYPUMP	6:15	LES MILLS CXWORKS 30	6:00	LES MILLS BODYPUMP	6:00	LES MILLS BODYBALANCE	9:30	LES MILLS SPIN CYCLE 50 MINS
8:30	50+ Flex & Move!	9:15	LES MILLS SPIN CYCLE 50 MINS	9:30	THT Tummy, Thighs 30	9:15	LES MILLS SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP	3:30	YOGA VINYASA
9:30	LES MILLS BODYATTACK 30	10:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYPUMP	10:00	LES MILLS BODYBALANCE	10:30	LES MILLS CXWORKS 30		
10:00	LES MILLS BODYPUMP	11:00	LES MILLS BODYSTEP	← Easy options →		11:00	LES MILLS BODYSTEP	11:00	LES MILLS YOGA		
		11:30	REVITALIZE	11:30	LES MILLS YOGA	11:30	REVITALIZE				
12:30	Tai Chi					12:30	Tai Chi	12:00	AQUA		
5:00	LES MILLS CXWORKS 30	4:30	LES MILLS BODYATTACK 30	5:00	LES MILLS CXWORKS 30	4:30	LES MILLS BODYPUMP	4:30	LES MILLS SPIN CYCLE EXPRESS 30		SUNDAY
5:00	LES MILLS RPM	5:00	30 CORE 30	5:30	LES MILLS BODYCOMBAT	5:30	the BIG BOOT CAMP	5:00	THE ZUMBA 30	8:00	H.I.I.T. D60 HIGH INTENSITY INTERVAL TRAINING
5:30	LES MILLS BODYATTACK	5:30	LES MILLS SPIN CYCLE 50 MINS	6:00	LES MILLS RPM	5:30	LES MILLS RPM	5:30	LES MILLS BODYCOMBAT 30	9:00	LES MILLS BODYATTACK
6:00	LES MILLS RPM 30	5:30	LES MILLS BODYPUMP					6:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYBALANCE
6:30	LES MILLS BODYPUMP	6:00	H.I.I.T. D30 HIGH INTENSITY INTERVAL TRAINING	6:30	LES MILLS BODYBALANCE	6:30	LES MILLS YOGA				
7:30	KICK BOXING Taking a Break Back 9th April	6:30	LES MILLS THE ZUMBA 45mins			7:30	KICK BOXING Taking a Break Back 9th April				