

Group Fitness Timetable from 10 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am BodyPump Heavy* 30min	6.10am Strength Development* 45min	6.10am BodyPump* 30min	6.10am Strength Development* 45min	6.10am Core 30min		
6.45am Shapes 45min	8.00am Dynamic Yoga 45min	6.40am Core 30min	8.00am Pilates 45min	7.00am Slow Flow Yoga 60min		
9.05am Dynamic Yoga 45min	9.05am Pilates 45min	9.05am GRIT Strength* 30min	9.05am Shapes 45min	9.15am BodyPump* 45min	9.00am BodyPump Heavy* 60min	9.00am Dynamic Yoga 60min
10.00am BodyPump Heavy* 30min	10.00am BodyPump* 45min	9.45am Strength Development* 45min	10.00am BodyPump* 30min	10.15am Shapes 45min	10.10am Core 30min	
10.35am Core 30min		10.35am Pilates Express 30min	10.35am Core 30min		10.50am Yoga Stretch 60min	10.15am Strength Development* 45min
11.15am Alpine Stretch 45min		11.15am Alpine Stretch 45min	11.15am Dynamic Yoga 55min	11.15am Yoga Stretch 60min		
12.30pm BodyPump* 45min	12.30pm Yoga Stretch 55min		12.30pm Circuit Starter 45min	12.30pm Strength Development* 45min		
5.00pm GRIT Strength* 30min	5.00pm Core 30min	5.10pm BodyPump* 45min	5.00pm Strength Development* 45min			5.00pm BodyPump* 45min
5.45pm BodyPump Heavy* 30min	5.45pm Strength Development* 45min	6.00pm Shapes 45min	6.00pm BodyPump* 30min	5.45pm BodyPump* 60min		6.00pm Yogastretch 60min
6.20pm Core 30min	6.45pm Dynamic Yoga 55min		6.35pm Core 30min			
7.00pm Alpine Stretch 45min			7.15pm Slow Flow Yoga 60min			

* Not available as TeenFit class

Cycle Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.10am RPM 45min	6.30am RPM 45min	6.10am RPM 45min			
6.45am SPRINT 30min	7.10am SPRINT 30min		7.10am SPRINT 30min	6.45am SPRINT 30min	8.15am SPRINT 30min	
9.05am RPM 45min	9.15am SPRINT 30min	9.30am RPM 45min	9.15am SPRINT 30min	9.15am RPM 45min	9.00am RPM 60 60min	9.15am RPM 45min
6.00pm RPM 45min	6.00pm SPRINT 30min	6.00pm SPRINT 30min				

Key:	Alpine Classes	Les Mills Classes	Les Mills SPRINT classes	Yoga Classes	Latest changes
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Group Fit Class Descriptions

LES MILLS STRENGTH DEVELOPMENT*: A structured series of workouts that is designed to get you really strong, really fast. Unlike Bodypump, you can move at a tempo that suits you (so not necessarily on the beat of the music) enabling you to bring your focus to your form.

LES MILLS BODYPUMP HEAVY: Makes safe, effective traditional weightlifting accessible to everyone. BodyPump HEAVY uses traditional lifting techniques to perform slow, controlled movements that maximise time under tension to build, influence and deliver measureable performance gains.

LES MILLS SHAPES: Shapes-this is a blend of core training movements from different methodologies like Pilates, barre and power yoga. This new workout sits in our suite of core training offerings.

LES MILLS CORE: Based on cutting- edge scientific research, Corecombines the best of personal training with the energy of group fitness all in just 30 minutes! Honing in on the torso and sling muscles that connect your upper body to your lower body, it's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

LES MILLS BODY PUMP*: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

LES MILLS GRIT STRENGTH*: Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

ALPINE STRETCH: An athletic stretching class. Simple positions that target the most over used muscles in the body.

ALPINE PILATES: A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

ALPINE SLOW FLOW YOGA: This class flows from one posture to the next but at a slow pace with plenty of time and space to get in and out of postures.

ALPINE DYNAMIC YOGA: These classes are active and sometimes challenging. Poses flow from one posture to the next but at a faster pace than slow flow. Both a yoga experience and a workout.

ALPINE YOGA STRETCH: Our yoga teachers put together a sequence of yoga poses that focus on stretching and relaxing. They might use props and the class will vary with the instructor.

LES MILLS RPM: The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your inner athlete while you sweat and burn to reach your endorphin high.

LES MILLS SPRINT: LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

LES MILLS RPM 60: The indoor cycling workout where you ride to the rhythm of powerful music. The RPM Max is like the RPM class but with two extra tracks to extend the length of your ride. Discover your inner athlete while you sweat and burn to reach your endorphin high!

CIRCUIT STARTER: Circuit Starter is an entry-level circuit style training class that will target the whole body. All exercises can be made easier or harder to suit different ability levels. You will learn to move well for safe and effective training!

*Not available as TeenFit class