

GYM TIMETABLE



EFFECTIVE FROM MONDAY 1ST APRIL 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	7.30AM – 12.00PM	CLOSED
5.15 – 6.00AM		Les Mills RPM		Les Mills RPM			
6.00 – 7.00AM					Cardio Box		
6.00 – 7.00AM	Cycle	Les Mills Body Pump	Les Mills RPM	Les Mills Body Pump	Les Mills RPM		
7.30 – 8.15AM						Les Mills BODYSTEP (Classic)	
8.15 – 9.00AM						Les Mills Body Attack	
9.15 – 10.00AM	Barre Attack					Les Mills Body Pump (60mins)	
9.30 – 10.15AM		Les Mills Body Pump		Xceler8	Les Mills Body Pump		
10.15 – 11.00AM		Barre Attack					
11.10 – 11.50AM					Mat Pilates		
12.10 – 12.50PM	Cardio Box	Cycle Core	Les Mills Body Pump	Les Mills RPM	Barre Attack (45mins)		
1.10 – 1.50PM	Mat Pilates		Mat Pilates				
4.30 – 5.15PM	Body Attack	Xceler8					
5.30 – 6.30PM	Les Mills Body Pump (45mins)		Hatha Yoga (Unheated)	Les Mills Body Pump			
5.30 – 6.15PM	Les Mills RPM	Les Mills RPM	Les Mills Body Pump		Mat Pilates		
6.15 – 7.00PM			Barre Attack				
6.15 – 7.15PM		Les Mills Body Pump					

KEY myMOVES

myMIND & BODY

mySTRENGTH

myCYCLE

*All classes are subject to change.