

CLASSES BY DAY

MON

TUE

WED

THU

FRI

SAT

SUN

MORNINGS

LES MILLS
RPM

LES MILLS
RPM

LES MILLS
BODYPUMP

LES MILLS
BODYPUMP

LES MILLS
GRIT

SPIN

**CIRCUIT
TRAINING**

2020

**CLASSIC
STEP**

STRETCH LAB

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
CXWORX

LES MILLS
BODYJAM

LES MILLS
BODYBALANCE

EVENINGS

LES MILLS
BODYPUMP

LES MILLS
GRIT

LES MILLS
CXWORX

LES MILLS
BODYJAM

LES MILLS
BODYCOMBAT

SPIN

LES MILLS
RPM

LES MILLS
BODYCOMBAT

LES MILLS
GRIT

LES MILLS
RPM

LES MILLS
CXWORX

BOXING

SPIN

LES MILLS
RPM

LES MILLS
BODYJAM

LES MILLS
BODYBALANCE

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

For specific class times, please see our new online booking system.

route²
FITNESS