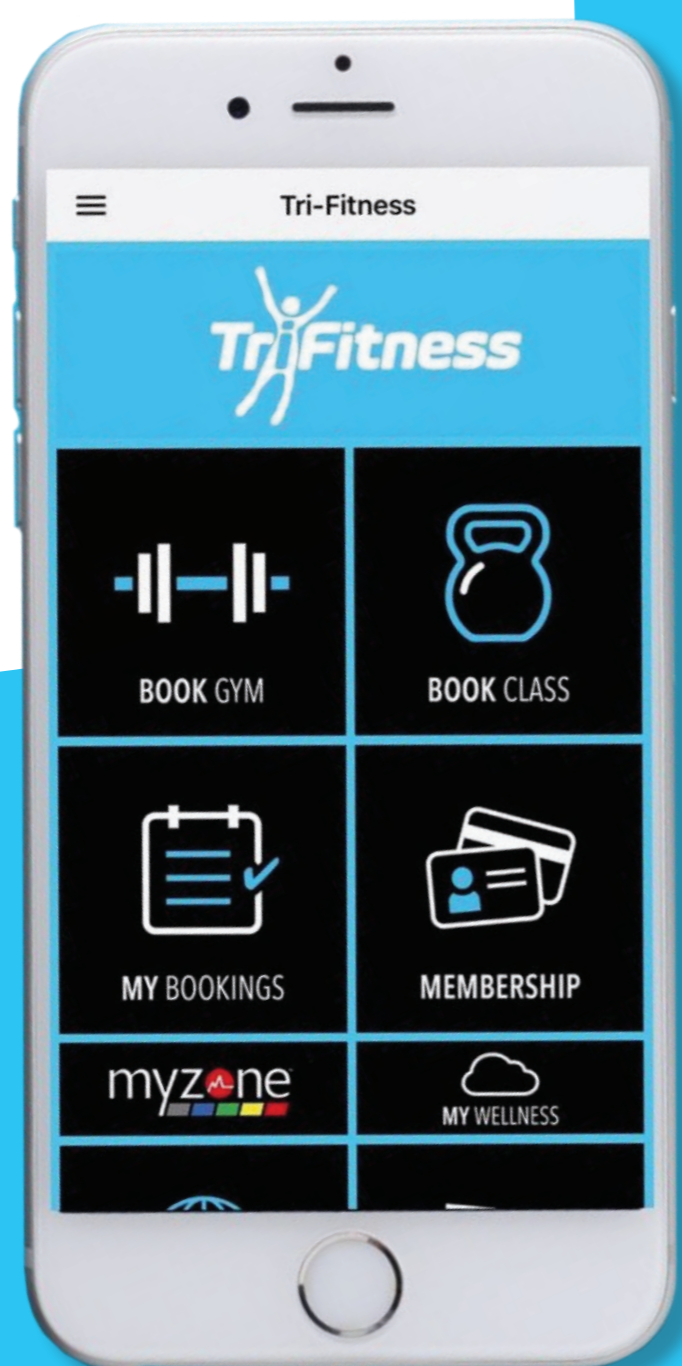
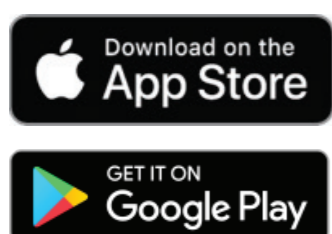


# CLASSES



**BOOK VIA  
OUR NEW  
APP!**



## JANUARY 2022

<b>MONDAY</b>	06.45 - 07.30	<b>GROUP CYCLE EXPRESS</b>
	10.00 - 11.00	<b>ZUMBA</b>
	11.00 - 12.00	<b>LES MILLS BODY BALANCE</b>
	12.15 - 13.00	<b>GROUP CYCLE EXPRESS</b>
	17.15 - 17.45	<b>LES MILLS BODY COMBAT EXP</b>
	17.15 - 17.45	<b>LES MILLS SPRINT - VIRTUAL</b>
	17.50 - 18.20	<b>GROUP CYCLE EXPRESS HIIT</b>
	18.00 - 18.30	<b>REBOOT: CHARGE</b>
	18.35 - 19.15	<b>REBOOT: FLOW</b>
	18.35 - 19.05	<b>LES MILLS CORE</b>
19.00 - 19.45	<b>LIFT</b>	
<b>TUESDAY</b>	06.45 - 07.30	<b>BODY COMBAT</b>
	10:00 - 10:45	<b>LBT</b>
	12.15 - 13.00	<b>GROUP CYCLE EXPRESS &amp; ABS</b>
	17.15 - 18.00	<b>REBOOT</b>
	17.30 - 18.15	<b>GROUP CYCLE EXPRESS</b>
	18.10 - 18.55	<b>LES MILLS BODY ATTACK</b>
	18.30 - 19.00	<b>GROUP CYCLE EXPRESS HIIT</b>
	19.00 - 19.45	<b>LIFT</b>
	19.00 - 19.45	<b>PILATES</b>
<b>WEDNESDAY</b>	06.45 - 07.30	<b>LES MILLS BODY PUMP</b>
	09.15 - 09.45	<b>GROUP CYCLE EXPRESS HIIT</b>
	10.00 - 11.00	<b>ZUMBA</b>
	11.00 - 11.45	<b>PILATES</b>
	12.15 - 12.45	<b>REBOOT: CHARGE</b>
	17.30 - 18.00	<b>REBOOT: CHARGE</b>
	17.30 - 18.15	<b>GROUP CYCLE EXPRESS</b>
	18.10 - 18.55	<b>LES MILLS BODY COMBAT</b>
	18.30 - 19.15	<b>GROUP CYCLE EXPRESS</b>
	19.05 - 19.50	<b>REBOOT: FLEX</b>
<b>THURSDAY</b>	06.45 - 07.15	<b>GROUP CYCLE EXPRESS HIIT</b>
	06.45 - 07.30	<b>REBOOT</b>
	09.30 - 10.30	<b>LES MILLS BODY BALANCE</b>
	12.15 - 13.00	<b>GROUP CYCLE EXPRESS</b>
	17.30 - 18.15	<b>KETTLEBELLS</b>
	17.30 - 18.15	<b>GROUP CYCLE EXPRESS</b>
	18.30 - 19.15	<b>LES MILLS BODY ATTACK</b>
	18.30 - 19.15	<b>LES MILLS RPM - VIRTUAL</b>
	19.30 - 20.15	<b>LES MILLS BODY BALANCE</b>
<b>FRIDAY</b>	06.45 - 07.30	<b>GROUP CYCLE EXPRESS</b>
	10.00 - 10.45	<b>REBOOT</b>
	12.15 - 12.45	<b>REBOOT: CHARGE</b>
	17.15 - 17.45	<b>LES MILLS BODY COMBAT</b>
	17.30 - 18.15	<b>GROUP CYCLE EXPRESS</b>
	18.00 - 18.30	<b>LES MILLS BODY PUMP EXP</b>
	18.30 - 19.15	<b>LIFT</b>
	18.35 - 19.20	<b>LES MILLS BODY COMBAT</b>
<b>SATURDAY</b>	08.30 - 09.15	<b>REBOOT</b>
	09.30 - 10.15	<b>GROUP CYCLE EXPRESS</b>
	10.30 - 11.00	<b>REBOOT CHARGE</b>
<b>SUNDAY</b>	09.15 - 10.00	<b>LES MILLS BODY PUMP</b>
	10.15 - 11.00	<b>LES MILLS RPM - VIRTUAL</b>