

Dance Studio Programme

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

What are Les Mills virtual classes?

World-leading LES MILLS fitness classes, taught by the world's best instructors, anytime. These can be pre-booked at reception. Virtual Les Mills classes ARE Born to Move, Bodybalance, Bodypump, Bodycombat, Sh'bam, CXWORX and GRIT.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6am								6am	
7am	Virtual GRIT	Virtual COMBAT		Virtual CXWORX	Les Mills Virtual BodyPUMP	Virtual CXWORX	Les Mills Virtual BodyPUMP	7am	
8am		^{14yrs+} Les Mills Virtual SH'BAM	Les Mills Virtual BodyCOMBAT	Virtual GRIT	Virtual CXWORX	Les Mills Virtual BodyCOMBAT	Virtual GRIT	8am	
9am	Virtual CXWORX	School Booking	Virtual CXWORX	Virtual CXWORX		^{14yrs+} Zumba		9am	
10am	Body Con		^{14yrs+} Aquacise*	Whole Body Exercise	Low Impact Aerobics	^{14yrs+} Zumba	PIYO	BodyCOMBAT	10am
11am	Les Mills Virtual BodyCOMBAT	BodyPUMP	^{14yrs+} Zumba	Body Conditioning	Les Mills Virtual BodyCOMBAT	BodyPUMP		11am	
12pm				Cardiac Rehab				12pm	
1pm	Mature Movers				^{14yrs+} Aquacise*	^P Born to Move 6-7 yrs	Virtual CXWORX	Virtual CXWORX	1pm
2pm			^{14yrs+} Aquacise*			Born to Move 8-12 yrs		Virtual SH'BAM 11-15yrs & Parent	2pm
3pm	Les Mills Virtual BodyBALANCE	Les Mills Virtual SH'BAM				Born to Move 13-16 yrs			3pm
4pm	^{11yrs+} Junior Strength**	^P Born to Move 6-7 yrs	^P Born to Move 6-7 yrs			^{14yrs+} Les Mills Virtual SH'BAM	Les Mills Virtual BodyPUMP	Virtual BodyCOMBAT 11-15 yrs & Parent	4pm
5pm		^{Born to Move 8-12 yrs}	^{11yrs+} Junior Strength**			Les Mills Virtual BodyCOMBAT		5pm	
6pm	Glutes & Abs			Virtual GRIT				6pm	
7pm	BodyCOMBAT	Kettlebells & Core	Bootcamp Circuits	BodyCOMBAT	Virtual GRIT			7pm	
8pm	BodyPUMP	Step	BOXFIT	^{14yrs+} Aquacise*	BodyPUMP	Les Mills Virtual SH'BAM		8pm	
9pm		Total Barre			Virtual CXWORX			9pm	
10pm				Virtual CXWORX				10pm	

All Classes are for 16yrs+ unless labelled otherwise.

14yrs+ 14yrs+ allowed to take part in this class

All classes take place in the Dance Studio except
 * Swimming Pool
 ** Fitness Suite

Did you know all classes are included in our Membership packages?



P Parent needs to stay with the child during this class

Cycle Studio Programme

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

Which cycle sessions are virtual?

All Sufferfest and Les Mills sessions are virtual sessions.

All cycle classes take place in the cycle studio on the ground floor of the Fitness Suite.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am								6am
7am	Express Cycle	^{60M} SUF Open 60		Express Cycle	Les Mills Sprint			7am
8am						Les Mills RPM	^{50M} SUF The Power Station	8am
9am			Les Mills Sprint		Cycle		Express Cycle	9am
10am	Les Mills RPM	Cycle		Cycle		Cycle	Les Mills RPM	10am
11am						Les Mills Sprint		11am
12pm								12pm
1pm								1pm
2pm						^{48M} SUF Best thing in the world	^{60M} SUF Open 60	2pm
3pm								3pm
4pm						^{45M} SUF Open 45	^{60M} SUF Hell have no fury	4pm
5pm								5pm
6pm	Express Cycle	Cycle	^{20M} SUF- Igniter	Les Mills RPM	Express Cycle			6pm
7pm	Les Mills Sprint		Cycle		^{47M} SUF Revolver is Easy			7pm
8pm		^{48M} SUF Best thing in the world		Les Mills Sprint				8pm
9pm								9pm
10pm								10pm

All Classes are for 16yrs+ unless labelled otherwise.

Did you know all classes can be booked (and cancelled) online? Get your unique log in from our Reception Team.

Studio 2 Programme

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am								6am
7am			Beginners Pilates					7am
8am								8am
9am								9am
10am		Level 2 Pilates	Level 2 Pilates					10am
11am	Level 2 Pilates	Level 1 Pilates	Beginners Yoga		Level 2 Pilates			11am
12pm	Level 1 Pilates		Yoga					12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	Yoga	Level 2 Pilates	Beginners Yoga		Level 2 Pilates			6pm
7pm	Yoga	PIYO	Hatha Yoga					7pm
8pm				PowerYoga				8pm
9pm								9pm
10pm								10pm

All Classes are for 16yrs+ unless labelled otherwise.

Did you know if you are a full member, all classes can be booked (and cancelled) online? Get your unique log in from our Reception Team.