




GROUP FITNESS - TIMETABLE

As at 5th June 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
06:00am	LES MILLS PILATES		LES MILLS BODYPUMP		LES MILLS BODYPUMP	7:00AM	LES MILLS PILATES	
08:45am		LES MILLS Shapes				7:45AM	Strength <small>LES MILLS</small> Development	
09:00am	LES MILLS tone		Strength <small>LES MILLS</small> Development	LES MILLS BODYCOMBAT	LES MILLS tone	8:30AM	LES MILLS BODYCOMBAT	
09:30am		Yogalates		LES MILLS Shapes		9:00AM		LES MILLS Shapes
9:45 am	Strength <small>LES MILLS</small> Development		Yogalates		LES MILLS BODYBALANCE	9:30AM		
17:30pm	LES MILLS Shapes	Strength <small>LES MILLS</small> Development	LES MILLS Shapes	Strength <small>LES MILLS</small> Development		16:00PM		yoga
18:00pm	LES MILLS BODYCOMBAT							
18:45pm		yoga						

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.