

Group Fitness Timetable (as at 11/03/2024)

LIVE	MON	TUES	WED	THU	FRI	SAT	SUN
5:50AM	HIIT CYCLE 30		HIIT CYCLE 30		RE BOOT 30		
8:00AM	AQUA BALANCE 45	FIT FOR LIFE CARDIO 60	AQUA FIT 55	AQUA BALANCE 45	FIT FOR LIFE GYM 60		
	AQUA FIT 55	WATER WALKING 45			AQUA FIT 55		
8:15AM						HIIT CYCLE 30	
						AQUA MIX 30	
8:30AM			HOT WATER YOGA 45				
9:05AM	LES MILLS 55 BODYPUMP	WORX 45	HIIT CYCLE 30	FIT BOX 55	LES MILLS 55 BODYPUMP	LES MILLS 55 BODYBALANCE	
10:00AM		LES MILLS 55 BODYBALANCE	YIN YOGA 75				
10:15AM	HATHA 60 YOGA						
10:30AM	STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		
11:30AM					CHAIR BALANCE 45		
03:30PM	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45		
05:30PM	STRENGTH CYCLE 30			HIIT CYCLE 30			
06:00PM		RE BOOT 30	FIT BOX 55				
06:15PM	AQUA DEEP 30			AQUA TURBO 30			

For class descriptions please visit

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Virtual & On Demand Timetable as at (11/03/2024)

VIRTUAL	MON	TUES	WED	THU	FRI	SAT	SUN
06:05AM		LES MILLS 30 BODYPUMP		LES MILLS 30 CORE			
06:30AM	LES MILLS 15 CORE AB-BLAST		LES MILLS 20 BODYPUMP UPPER BODY		LES MILLS 15 BODYBALANCE FLEX		
07:15AM	ON DEMAND 7:15am-8:00am	ON DEMAND 7:15am-8:45am	ON DEMAND 7:15am-8:45am	ON DEMAND 7:15am-8:00am	ON DEMAND 7:15am-8:00am		
08:15AM	LES MILLS 30 CORE			LES MILLS 30 BODYPUMP	LES MILLS 30 BODYCOMBAT		
09:00AM	LES MILLS 45 BODYCOMBAT	NEW WORKOUT COMING SOON		LES MILLS 45 CORE	LES MILLS 30 RPM	ON DEMAND 9:00am-1:45pm	LES MILLS 30 RPM
10:00AM	LES MILLS 30 CORE	LES MILLS 30 RPM	ON DEMAND 10:15am-3:00pm	LES MILLS 30 BODYCOMBAT	ON DEMAND 10:15am-3:00pm		ON DEMAND 9:40am-12:45pm
11:00AM	ON DEMAND 11:00am-12:00pm	ON DEMAND 10:30am-4:45pm		ON DEMAND 10:40am-5:15pm			
03:20PM	NEW WORKOUT COMING SOON		LES MILLS 30 RPM		NEW WORKOUT COMING SOON		
04:00PM	ON DEMAND 4:00pm-5:00pm		ON DEMAND 4:00pm-4:45pm		ON DEMAND 4:00pm-4:45pm		
05:00PM		LES MILLS 30 RPM	LES MILLS 45 BODYPUMP		LES MILLS 30 CORE		
05:30PM		LES MILLS 45 BODYBALANCE			ON DEMAND 5:40pm-6:45pm		
06:05PM	ON DEMAND 6:05pm-7:15pm	ON DEMAND 6:25pm-7:15pm	LES MILLS 45 BODYBALANCE	LES MILLS 15 CORE AB-BLAST			

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