



Fitness Classes Timetable

September 2020

LES MILLS
FOR A FITTER PLANET

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:05am-10:05am Body Pump (Mel)	9:10am-9:55am HIIT & Weights (Mel)	9:10am-9:55am HIIT Circuits (Oli)	9:05am-10:05am Spin & Weights (Jordan)	9:05am-9:35am GRIT (Mel)	8:30am-9:15am Body Pump (Emily)	9:00am-9:45am HIIT (Alex)
10:15am-10:45am Spin#30 (Mel)	10:05am-10:50am Slow-Flow Yoga (Penny)	10:05am-10:50am Spin (Oli)	10:15am-10:45am Fast-Flow Yoga (Penny)	9:45am-10:15am Express Body Pump (Mel)	9:25am-10:10am Body Attack (Emily)	9:55am-10:40am Spin (Alex)
12:30pm-1:00pm Fitness Friendlies All Round Fitness (Penny)	12:30pm-1:15pm Fitness Friendlies Chair Based (Penny)		12:30pm-1:30pm Fitness Friendlies Line Dancing (Penny)	10:25am-11:15am Body Step (Sinead)		
1:10pm-1:40pm Chair-Based Yoga (Penny)			1:40pm-2:10pm Fitness Friendlies Active Rest & Recovery (Penny)	11:25am-12:10pm Body Balance (Kaz)		
1:50pm-2:20pm Fitness Friendlies All Round Fitness (Penny)				6:00pm-6:45pm Relaxation Yoga (Penny)		
5:20pm-6:00pm Slow-Flow Yoga (Penny)	6:05pm-6:50pm Body Attack (Emily)	6:00pm-7:00pm Fast-Flow Yoga (Penny)	6:00pm-7:00pm Body Pump (Emily)			
6:10pm-6:40pm GRIT (Iva)	7:00pm-7:45pm Body Attack (Emily)	6:10pm-6:55pm Body Pump (Iva)	7:10pm-7:55pm Body Attack (Emily)			
6:50pm-7:20pm Express Body Pump (Iva)	7:55pm-8:25pm Spin (Alex)	7:05pm-7:35pm GRIT (Iva)				
7:30pm-8:30pm Body Balance (Kaz)		7:45pm-8:45pm Body Balance (Kaz)				



Class Changes
 Wednesday 9th September - 7:45pm-8:45pm - **Yoga**
 Monday 15th September - 7:30pm-8:30pm - **Yoga**



Woodrush Community Hub

Terms and conditions apply