



# Fitness Classes Timetable

**LES MILLS**  
FOR A FITTER PLANET

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



**Woodrush Community Hub**  
Terms and conditions apply