

















# Group fitness studios - Timetable

GROUP FITNESS STUDIO	
Time	Fitness Class
<b>Monday</b>	
12.30 - 1.10pm	 <b>LES MILLS BODYPUMP EXPRESS</b>
6.00 - 7.00pm	 <b>LES MILLS BODYATTACK</b>
7.10 - 8.10pm	 <b>LES MILLS BODYPUMP</b>
<b>Tuesday</b>	
6.00 - 7.00pm	 <b>LES MILLS BODYCOMBAT</b>
7.00 - 8.00pm	 <b>ZUMBA fitness</b>
8.00 - 9.00pm	 <b>LES MILLS BODYPUMP EXPRESS</b>
<b>Wednesday</b>	
5.30 - 6.00pm	<b>AB-ATTACK</b>
6.00 - 7.00pm	 <b>LES MILLS BODYATTACK</b>
7.10 - 8.00pm	 <b>LES MILLS BODYPUMP EXPRESS</b>
<b>Thursday</b>	
6.00 - 7.00pm	 <b>ZUMBA fitness</b>
7.00 - 8.00pm	 <b>LES MILLS BODYPUMP EXPRESS</b>
8.10 - 9.00pm	 <b>LES MILLS BODYCOMBAT</b>
<b>Friday</b>	
12.30 - 1.10pm	 <b>LES MILLS BODYPUMP EXPRESS</b>
6.00 - 7.00pm	 <b>LES MILLS BODYPUMP</b>

 <b>RPM STUDIO</b>	
Time	Fitness Class
<b>Monday</b>	
6.00 - 7.00pm	 <b>LES MILLS RPM</b>
7.10 - 8.00pm	 <b>LES MILLS RPM</b>
8.15 - 9.15pm	 <b>LES MILLS RPM</b>
<b>Tuesday</b>	
7.10 - 8.00pm	 <b>LES MILLS RPM</b>
8.15 - 9.15pm	 <b>LES MILLS RPM</b>
<b>Wednesday</b>	
6.00 - 7.00pm	 <b>LES MILLS RPM</b>
8.15 - 9.15pm	 <b>LES MILLS RPM</b>
<b>Thursday</b>	
6.00 - 7.00pm	 <b>LES MILLS RPM</b>
7.00 - 8.00pm	 <b>LES MILLS RPM</b>
<b>Friday</b>	
10.00 - 11.00am	 <b>LES MILLS RPM</b>
7.10 - 8.10pm	 <b>LES MILLS RPM</b>
<b>Saturday</b>	
9.30 - 10.30am	 <b>LES MILLS RPM</b>

MIND & BODY STUDIO	
Time	Fitness Class
<b>Monday</b>	
5.30 - 6.00pm	<b>L.B.B. TONE</b>
7.00 - 8.00pm	 <b>LES MILLS BODYBALANCE</b>
<b>Tuesday</b>	
7.00 - 8.00pm	 <b>LES MILLS BODYSTEP</b>
<b>Wednesday</b>	
7.15 - 8.15pm	<b>Pilates</b>
<b>Thursday</b>	
6.00 - 7.00pm	 <b>LES MILLS BODYBALANCE</b>
L.B.B. TONE (legs, Belly & Bum)	



**PLEASE NOTE: EVERYONE MUST**  
Please Cancel your Class if unable to attend - Thank You!  
**BOOKING ESSENTIAL**

**Tel: 30250940**



Visit Our Website: [WWW.GYM-TECH.ORG.UK](http://WWW.GYM-TECH.ORG.UK)

**Opening Hours:** Monday to Thursday 9.00am - 10.00pm, Friday 9.00pm. Saturday 9.00am - 3.00pm & Sunday 9.00am - 1.00pm. **Early opening:** Tuesdays & Thursdays at 7.00am