



Monday	Class Name	Class Type	Instructor	Wednesday	Class Name	Class Type	Instructor	Friday	Class Name	Class Type	Instructor
06:15 – 07:00	Les Mills Body Pump	Strength and conditioning	Virtual	06:15 – 07:00	Les Mills Body Pump	Strength and conditioning	Virtual	06:15 – 07:00	Les Mills Body Pump	Strength and conditioning	Virtual
07:15 – 08:00	Body Sculpt	Strength and conditioning	Chelsie	07:15 – 07:45	Les Mills Grit Athletic	Energy/Power	Virtual	07:15 – 07:45	Les Mills Grit Cardio	Energy/Power	Virtual
08:15 – 08:45	Les Mills Body Balance	Flow	Virtual	08:15 – 08:45	Les Mills Body Combat	Strength and conditioning	Virtual	08:15 – 08:45	Les Mills Core	Strength and conditioning	Virtual
09:15 – 10:00	Legs, Bums & Tums	Strength and conditioning	Hari	09:15 – 09:45	Les Mills Core	Strength and conditioning	Virtual	09:15 – 10:00	Les Mills Sh'bam	Strength and conditioning	Virtual
10:15 – 11:00	Les Mills Sh'bam	Strength and conditioning	Virtual	09:30 – 10:15	Pilates	Flow	Ivana	09:15 – 10:00	Legs, Bums & Tums	Strength and conditioning	Hari
10:15 – 11:00	Circuits	Strength and conditioning	Chelsie	10:30 – 11:30	Les Mills Body Balance	Flow	Virtual	10:15 – 11:15	Les Mills Body Balance	Flow	Virtual
11:15 – 11:45	Les Mills Core	Strength and conditioning	Virtual	10:30 – 11:15	Step	Energy/Power	Ivana	10:30 – 11:15	Zumba	Strength and conditioning	Anna
12:15 – 12:45	Les Mills RPM	Energy/Power	Virtual	11:30 – 12:15	Yoga	Flow	Ivana	12:15 – 13:00	Les Mills RPM	Energy/Power	Virtual
12:15 – 13:00	Aqua	Water	Emiko	12:30 – 13:00	Float Fit Balance	Water	Curtis	14:15 – 14:45	Les Mills Body Combat	Energy/Power	Virtual
17:15 – 18:00	Les Mills Body Combat	Strength and conditioning	Virtual	14:15 – 14:45	Les Mills Sh'bam	Strength and conditioning	Virtual	15:15 – 15:45	Les Mills Core	Strength and conditioning	Virtual
17:15 – 18:00	Les Mills Body Pump	Strength and conditioning	Curtis	15:15 – 15:45	Les Mills Body Combat	Energy/Power	Virtual	16:15 – 17:00	Les Mills RPM	Energy/Power	Virtual
18:15 – 19:00	Les Mills Body Pump	Strength and conditioning	Virtual	16:15 – 16:45	Les Mills Body Balance	Flow	Virtual	17:15 – 18:00	Les Mills Body Combat	Strength and conditioning	Virtual
18:15 – 19:00	Group Cycling	Energy/Power	Curtis	17:15 – 18:00	Les Mills Body Pump	Strength and conditioning	Virtual	18:15 – 19:00	Les Mills Body Pump	Strength and conditioning	Virtual
18:15 – 19:00	Zumba	Strength and conditioning	Anna	18:15 – 19:00	Group Cycling	Energy/Power	Ricardo	19:15 – 20:00	Les Mills Sh'bam	Strength and conditioning	Virtual
19:15 – 19:45	Les Mills Grit Series	Energy/Power	Curtis	18:30 – 19:00	Les Mills Grit Athletic	Energy/Power	Virtual				
20:00 – 20:45	Les Mills Body Balance	Flow	Virtual	19:15 – 19:45	Les Mills Core	Strength and conditioning	Curtis				
				Thursday	Class Name	Class Type	Instructor	Saturday	Class Name	Class Type	Instructor
				06:15 – 07:00	Les Mills Body Combat	Energy/Power	Virtual	08:15 – 09:00	Group Cycling	Strength and conditioning	Curtis
				07:15 – 07:45	Les Mills Core	Strength and conditioning	Virtual	08:15 – 09:00	Les Mills Sh'bam	Strength and conditioning	Virtual
				08:15 – 08:45	Les Mills RPM	Energy/Power	Virtual	09:15 – 10:00	Les Mills Body Pump	Energy/Power	Curtis
				09:15 – 09:45	Les Mills Body Pump	Strength and conditioning	Virtual	09:15 – 10:00	Les Mills Body Pump	Energy/Power	Curtis
				09:30 – 10:15	Les Mills Body Pump	Strength and conditioning	Curtis	09:15 – 10:00	Les Mills Body Combat	Strength and conditioning	Virtual
				10:15 – 10:45	Les Mills Body Balance	Flow	Virtual	10:15 – 10:45	Les Mills Grit Series	Energy/Power	Curtis
				10:30 – 11:15	Group Cycling	Energy/Power	Curtis	11:15 – 12:00	Les Mills Body Balance	Flow	Virtual
				11:15 – 12:00	Les Mills Sh'bam	Strength and conditioning	Virtual				
				12:15 – 12:45	Les Mills Sprint	Energy/Power	Virtual				
				13:15 – 14:00	Aqua	Water	Hari	Sunday	Class Name	Class Type	Instructor
				17:15 – 18:00	Les Mills Sh'bam	Strength and conditioning	Virtual	08:15 – 08:45	Les Mills Body Balance	Flow	Virtual
				18:15 – 19:00	Body Strength	Strength and conditioning	Chelsie	09:15 – 09:45	Les Mills Grit Athletic	Energy/Power	Virtual
				18:15 – 19:00	Les Mills Body Combat	Energy/Power	Virtual	09:30 – 10:15	Group Cycling	Energy/Power	Curtis
				18:45 – 19:15	Float Fit HIIT	Water	Curtis	10:15 – 11:00	Les Mills Sh'bam	Strength and conditioning	Virtual
				19:15 – 20:15	Yoga	Flow	Nancy	10:30 – 11:15	Les Mills Body Pump	Strength and conditioning	Karly
				19:15 – 19:45	Les Mills Body Attack	Energy/Power	Karly	11:30 – 12:00	Les Mills Core	Strength and conditioning	Virtual
				19:20 – 19:50	Float Fit Balance	Water	Curtis	11:30 – 12:15	Les Mills Body Combat	Energy/Power	Karly
				19:45 – 20:15	Les Mills Body Combat	Energy/Power	Karly				

Updated on: 1st January 2022

Energy/Power = A cardiovascular workout to improve your heart and lung capacity whilst increasing your stamina.

Strength and conditioning = A full body strength, condition, and tone

Flow = A mind and body workout focusing on your flexibility, core strength and overall body posture. Great if you are returning to exercise or undertaking rehabilitation works.

Water = A refreshing workout undertaken in water releasing the pressure on your joints, whilst providing a fun cardiovascular workout.

For more information about group exercise classes at LeisureSK www.leisuresk.co.uk