

Group Fitness 2024-25 Talbot Campus

Monday	08.00-08.30 Spin Spin Studio Helen P	09.30-10.00 GRIT Athletic Studio 1	10.05-10.50 Body Balance Studio 1	12.05-12.50 Pilates Studio 1 Junko	13.05-13.50 Yoga Studio 1 Bex	17.00-17.30 Spin Spin Studio Nadia	17.30-18.30 Zumba Studio 1 Wendoly	18.35-19.35 Legs, Bums, and Tums Studio 1 Nadia
Tuesday	07.30-08.00 Sprint Spin Studio	12.00-12.45 Pilates Studio 1 Nikki	13.05-14.00 Total Body Conditioning Studio 1 Rachel	17.05-18.00 Legs, Bums, and Tums Studio 1 Helen R	18.05-18.35 Spin Spin Studio Julia			
Wednesday	12.00-12.30 Spin Spin Studio Helen P	12.35-13.00 Full Body Blast Studio 1 Helen P	13.05-14.00 Free Yoga Studio 1 Silvia	17.10-17.55 Pilates Studio 1 Jo	18.00-19.00 Total Body Conditioning Studio 1 Nadia			
Thursday	12.30-13.00 Spin Spin Studio Tim	13.05-14.00 Total Body Conditioning Studio 1 Rachel	17.05-18.00 Legs, Bums, and Tums Studio 1 Zia	18.05-19.00 Yoga Studio 1 Melsia				
Friday	11.55-12.25 Spin Spin Studio Nikki	12.25-13.10 Pilates Studio 1 Nikki	13.15-14.00 DanceFit Studio 1 Jess	17.15-18.15 Total Body Conditioning Studio 1 Helen R				
Saturday	09.30-10.00 Sprint Spin Studio	10.00-10.55 Total Body Conditioning Studio 1 Rachel	11.00-11.55 Zumba Studio 1 Wendoly					
Sunday	09.30-10.30 Yoga Studio 1 Sue	10-45-11.30 Body Combat Studio 1	12.00-12.45 Dance Studio 1	13.05-13.50 Body Attack Studio 1				

- Relax and recover
- Spinning
- Cardio and conditioning
- Muscle toning

LES MILLES VIRTUAL

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