



# CLASS TIMETABLE

## LIVE CLASSES

### Yarborough

## MONDAY

09:30 **AQUA FIT** | 45  
10:00 **BODYPUMP** | 45  
11:00 **LEGS, BUMS & TUMS** | 45  
12:00 **ZUMBA** | 45  
  
17:30 **LM GRIT** | 30  
18:05 **LM BODYCOMBAT** | 60  
18:15 **LM RPM** | 45  
19:15 **LM STRENGTH DEVELOPMENT** | 45  
19:15 **AQUA FIT** | 45

## TUESDAY

09:30 **LM BODYSTEP** | 45  
10:30 **LM BODYBALANCE** | 45  
10:30 **CHAIR BASED EXERCISE** | 45  
  
17:15 **CIRCUITS** | 60  
18:00 **LES MILLS DANCE** | 45  
18:00 **LM RPM** | 45  
18:15 **LEGS, BUMS & TUMS** | 45  
18:55 **LM BODYBALANCE** | 45  
19:45 **LM BODYPUMP** | 45

## WEDNESDAY

09:30 **LM BODYCOMBAT** | 45  
09:30 **PILATES** | 45  
10:30 **LM STRENGTH DEVELOPMENT** | 45  
  
17:45 **LM GRIT** | 30  
18:00 **LM SPRINT** | 30  
18:20 **LM BODY COMBAT** | 60  
19:00 **LM SHAPES** | 45  
19:15 **AQUA FIT** | 45

## THURSDAY

06:45 **LM SPRINT** | 30  
09:30 **AQUA FIT** | 45  
09:30 **LEGS, BUMS & TUMS** | 45  
09:30 **LM SHAPES** | 45  
10:30 **STRETCH & FLEX** | 45  
  
18:00 **LM SPRINT** | 30  
18:00 **LM BODYSTEP** | 45  
18:45 **LM RPM** | 45  
18:50 **LM BODYPUMP** | 45  
19:45 **LM BODYBALANCE** | 60

## FRIDAY

09:30 **LM BODYPUMP** | 60  
10:40 **LM BODYBALANCE** | 45  
  
18:00 **LM BODYCOMBAT** | 60

## SATURDAY

08:15 **LM RPM** | 45  
08:30 **LM BODYSTEP** | 30  
09:10 **LM BODYPUMP** | 45  
09:05 **LM SPRINT** | 30

## SUNDAY

08:30 **YOGA** | 45  
09:30 **ZUMBA** | 60  
10:30 **LM BODYCOMBAT** | 60



# CLASS TIMETABLE

## VIRTUAL CLASSES

Yarborough

### MONDAY

06:45 **BODYCOMBAT** | 45  
09:30 **BODYATTACK** | 45  
10:30 **THE TRIP** | 45  
12:00 **SPRINT** | 30  
13:00 **CORE** | 30  
19:30 **BODYBALANCE** | 45

### TUESDAY

06:45 **CORE** | 30  
09:45 **GRIT CARDIO** | 30  
12:00 **BODYCOMBAT** | 45  
13:00 **BODYBALANCE** | 45  
14:00 **THE TRIP** | 45  
19:30 **BODYATTACK** | 45

### WEDNESDAY

06:45 **BODYBALANCE** | 45  
10:45 **THE TRIP** | 45  
12:00 **BODYATTACK** | 45  
13:00 **RPM** | 45  
20:00 **CORE** | 45

### THURSDAY

11:00 **CORE** | 30  
12:00 **GRIT CARDIO** | 30  
12:45 **THE TRIP** | 45  
13:45 **BODYCOMBAT** | 45  
19:40 **THE TRIP** | 45

### FRIDAY

06:45 **BODYATTACK** | 45  
10:00 **BODYCOMBAT** | 30  
12:00 **RPM** | 45  
13:00 **SPRINT** | 30  
17:15 **CORE** | 30  
19:00 **BODYBALANCE** | 45

### SATURDAY

10:00 **GRIT CARDIO** | 30  
12:30 **BODYCOMBAT** | 45  
14:00 **BODYBALANCE** | 45

### SUNDAY

10:00 **THE TRIP** | 45  
11:30 **CORE** | 30  
13:30 **THE TRIP** | 45  
14:30 **BODYATTACK** | 45