

SPORT Lancaster Group Exercise Class Timetable

Monday			
Time	Exercise Class	Location	Instructor
Morning			
06.15 - 06.45	Les Mills BODYATTACK	Studio 1	Virtual
07.00 - 07.30	Les Mills SPRINT	Studio 1	Lorraine
07.40 - 08.40	Rise and Shine Yoga	Studio 2	Lorraine
09.30 - 10.25	LBT	Studio 1	Ruth
10.00 - 10.50	Aqua Zumba	Swimming Pool	Naomi
10.30 - 11.00	Les Mills BARRE	Studio 1	Virtual
10.30 - 11.25	Beginner Yoga	Studio 2	Ruth
Afternoon			
12.05 - 12.55	HIIT	Studio 1	Sarah
12.00 - 13.00	Yoga	Studio 2	Tony
13.30 - 14.30	Les Mills BODYPUMP	Studio 1	Virtual
15.45 - 16.30	Les Mills BODYBALANCE	Studio 1	Virtual
16.45 - 17.00	Les Mills CORE - Ab Blast	Studio 1	Virtual
Evening			
17.45 - 18.40	Les Mills BODYCOMBAT	Studio 1	Sohaila
18.00 - 19.00	Hatha Yoga	Studio 2	Lorraine
18.00 - 18.55	Circuits	Sports Hall	Fitness Instructor
18.45 - 19.45	Les Mills BODYJAM	Studio 1	Sohaila
20.00 - 20.45	Les Mills SH'BAM	Studio 1	Virtual

Tuesday			
Time	Exercise Class	Location	Instructor
Morning			
06.15 - 06.45	Les Mills RPM	Studio 1	Virtual
07.10 - 07.40	Les Mills SPRINT	Studio 1	Lorraine
07.50 - 08.30	Supple Strength	Studio 2	Lorraine
09.30 - 10.25	Les Mills BODYPUMP	Studio 1	Sarah
10.30 - 11.00	Les Mills BARRE	Studio 1	Virtual
Afternoon			
12.15 - 13.00	HIIT	Studio 1	Ruth
12.00 - 12.55	Pilates	Studio 2	Tina
13.05 - 14.00	Hatha Yoga	Studio 2	Ruth
13.30 - 14.30	Les Mills BODYBALANCE	Studio 1	Virtual
14.45 - 15.15	Les Mills CORE	Studio 1	Virtual
16.00 - 16.30	Les Mills GRIT - Strength	Studio 1	Virtual
Evening			
17.15 - 17.45	Les Mills SPRINT	Studio 1	Reuben
18.00 - 18.55	Circuits	Sports Hall	Fitness Instructor
18.00 - 18.50	Les Mills BODYPUMP	Studio 1	Cheryl
19.00 - 19.55	Les Mills BODYBALANCE	Studio 2	Cheryl

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Wednesday			
Time	Exercise Class	Location	Instructor
Morning			
07.00 - 07.45	Indoor Cycling	Studio 1	Reuben
07.50 - 08.50	Rise and Shine Yoga	Studio 2	Lorraine
09.30 - 10.25	Zumba	Studio 1	Rose
11.00 - 11.45	Les Mills BODYBALANCE	Studio 1	Virtual
Afternoon			
12.05 - 12.55	LBT	Studio 1	Sarah
13.10 - 14.00	Spin & Weights	Studio 1	Sarah
12.05 - 13.00	Pilates	Studio 2	Cheryl
13.05 - 14.00	Yoga Flow	Studio 2	Cheryl
14.15 - 15.05	Les Mills RPM	Studio 1	Virtual
16.00 - 16.45	Les Mills CORE	Studio 1	Virtual
Evening			
17.00 - 17.55	Les Mills BODYCOMBAT	Studio 1	Megan
18.05 - 19.00	Les Mills BODYPUMP	Studio 1	Libby
19.15 - 20.10	Les Mills BODYBALANCE	Studio 2	Libby
20.15 - 21.00	Les Mills BODYATTACK	Studio 1	Virtual

Thursday			
Time	Exercise Class	Location	Instructor
Morning			
06.15 - 06.45	Les Mills CORE	Studio 1	Virtual
07.30 - 08.00	Les Mills SPRINT	Studio 1	Reuben
09.00 - 09.45	Les Mills THE TRIP	Studio 1	Virtual
09.30 - 10.25	Yoga	Studio 2	Tony
10.00 - 10.50	Les Mills RPM	Studio 1	Virtual
Afternoon			
12.05 - 12.55	Spin and Weights	Studio 1	Sarah
13.05 - 13.50	Les Mills BODYPUMP	Studio 1	Sarah
13.30 - 14.15	Weekly Running Club	Outdoors	Fitness Instructor
14.00 - 15.00	Les Mills BODYBALANCE	Studio 1	Virtual
15.45 - 16.15	Les Mills SH'BAM	Studio 1	Virtual
16.30 - 17.00	Les Mills BODYPUMP	Studio 1	Virtual
Evening			
17.00 - 18.00	Pilates	Studio 2	Laura
17.45 - 18.40	Les Mills BODYCOMBAT	Studio 1	Jaimee
19.00 - 20.00	Rave Fit	Studio 1	Rose
18.15 - 19.10	Body Blitz Circuits	Sports Hall	Laura
20.15 - 20.45	Les Mills BARRE	Studio 1	Virtual

Friday

SPORT Lancaster Group Exercise Class Timetable

Time	Exercise Class	Location	Instructor
Morning			
06.15 - 06.45	Les Mills GRIT - Cardio	Studio 1	Virtual
08.00 - 08.40	Les Mills THE TRIP	Studio 1	Chantelle
08.50 - 09.45	Les Mills BODYBALANCE	Studio 2	Chantelle
10.45 - 11.30	Aqua Fit	Swimming Pool	Lorraine
Afternoon			
14.00 - 14.30	Les Mills BARRE	Studio 1	Virtual
15.30 - 16.30	Les Mills BODYPUMP	Studio 1	Virtual
16.35 - 16.50	Les Mills BODYBALANCE - Express Flexibility	Studio 1	Virtual
Evening			
17.20 - 17.50	HIIT	Studio 1	Filipa
18.05 - 19.05	Zumba	Studio 1	Rose
19.15 - 20.15	Les Mills BODYJAM	Studio 1	Sohaila
20.30 - 20.50	Les Mills BODYBALANCE - Yoga	Studio 1	Virtual

Saturday

Time	Exercise Class	Location	Instructor
Morning			
07.45 - 08.15	Les Mills CORE	Studio 1	Virtual
08.30 - 09.30	Dynamic Release Yoga	Studio 2	Dina
08.30 - 09.30	Les Mills BODYPUMP	Studio 1	Sohaila
09.45 - 10.45	Les Mills BODYJAM	Studio 2	Sohaila
Afternoon			
13.00 - 13.45	Les Mills BODYCOMBAT	Studio 1	Virtual
13.50 - 14.20	Les Mills BODYBALANCE - Strength	Studio 1	Virtual
16.30 - 17.00	Les Mills SPRINT	Studio 1	Virtual
Evening			
17.15 - 18.00	Les Mills THE TRIP	Studio 1	Virtual

Sunday

Time	Exercise Class	Location	Instructor
Morning			
08.00 - 08.45	Les Mills BODYPUMP	Studio 1	Virtual
09.00 - 09.30	Les Mills GRIT - Athletic	Studio 1	Virtual
09.30 - 10.30	Hybrid Bootcamp	Undercroft	Filipa / Lee
09.50 - 10.45	Les Mills BODYPUMP	Studio 1	Libby
10.00 - 10.55	Dynamic Release Yoga	Studio 2	Dina
11.00 - 12.00	Les Mills BODYCOMBAT	Studio 1	Libby
Afternoon			
12.30 - 13.15	Les Mills CORE	Studio 1	Virtual
13.30 - 13.45	Les Mills BARRE - Beginner	Studio 1	Virtual
14.30 - 15.00	Les Mills SH'BAM - Beginner	Studio 1	Virtual