

# SPORT Lancaster Group Exercise Class Timetable

Monday				
Morning	06.15 - 06.45	Les Mills CORE	Studio 1	Virtual
	07.00 - 07.30	Les Mills SPRINT	Studio 1	Lorraine
	07.40 - 08.40	Rise and Shine Yoga	Studio 2	Lorraine
	08.00 - 08.50	Les Mills RPM	Studio 1	Virtual
	09.30 - 10.25	LBT	Studio 1	Ruth
	10.30 - 11.00	Les Mills BARRE	Studio 1	Virtual
	10.30 - 11.30	Beginner Yoga	Studio 2	Ruth
	11.15 - 11.45	Les Mills BODYBALANCE - Strength	Studio 1	Virtual
Afternoon	12.00 - 12.50	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 - 18.55	Circuits	Sports Hall	Fitness Instructor
	18.00 - 19.00	Hatha Yoga	Studio 2	Lorraine
	18.45 - 19.45	Les Mills BODYJAM	Studio 1	Sohaila
	19.05 - 20.00	Pilates	Studio 2	Cheryl
	20.00 - 20.45	Les Mills SH'BAM	Studio 1	Virtual
	21.00 - 21.45	Les Mills BODYPUMP	Studio 1	Virtual

Tuesday				
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
	08.00 - 08.45	Les Mills THE TRIP	Studio 1	Virtual
	09.30 - 10.25	Les Mills BODYPUMP	Studio 1	Sarah
	10.45 - 11.15	Les Mills BARRE	Studio 1	Virtual
	11.30 - 11.45	Les Mills CORE	Studio 1	Virtual
Afternoon	12.00 - 12.45	Les Mills BODYPUMP	Studio 1	Virtual
	12.00 - 12.55	Pilates	Studio 2	Tina
	13.00 - 14.00	Les Mills BODYBALANCE	Studio 1	Virtual
	13.00 - 14.00	Hatha Yoga	Studio 2	Ruth
	14.15 - 14.45	Les Mills CORE	Studio 1	Virtual
	15.00 - 15.50	Les Mills RPM	Studio 1	Virtual
	16.00 - 16.45	Les Mills THE TRIP	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				
Morning	06.15 - 06.45	Les Mills BARRE	Studio 1	Virtual
	07.00 - 07.45	Indoor Cycling	Studio 1	Reuben
	07.50 - 08.50	Rise and Shine Yoga	Studio 2	Lorraine
	08.00 - 08.45	Les Mills THE TRIP	Studio 1	Virtual
	09.30 - 10.30	Les Mills BODYPUMP	Studio 1	Virtual
	10:45 - 11.30	Les Mills BODYBALANCE	Studio 1	Virtual
Afternoon	12.00 - 12.50	LBT	Studio 1	Sarah
	12.00 - 13.00	Pilates	Studio 2	Cheryl
	13.00 - 13.50	Spin & Weights	Studio 1	Sarah
	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 - 19.05	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
	21.30 - 22.00	Les Mills CORE	Studio 1	Virtual

Thursday				
Morning	06.10 - 07:10	Les Mills BODYPUMP	Studio 1	Megan
	07.30 - 08.00	Les Mills SPRINT	Studio 1	Reuben
	08.15 - 08.45	Les Mills RPM	Studio 1	Virtual
	09.30 - 10.30	Les Mills BODYCOMBAT	Studio 1	Libby
	09.30 - 10.25	Yoga	Studio 2	Tony
	10.45 - 11.15	Les Mills BARRE	Studio 1	Virtual
Afternoon	12.00 - 12.50	Spin and Weights	Studio 1	Sarah
	13.00 - 13.45	Les Mills BODYPUMP	Studio 1	Sarah
	13.30 - 14.15	Weekly Running Club	Outdoors	Reuben
	14.00 - 15.00	Les Mills BODYBALANCE	Studio 1	Virtual
	15.30 - 16.00	Les Mills GRIT - Cardio	Studio 1	Virtual
	16.30 - 17.00	Les Mills BODYPUMP	Studio 1	Virtual
Evening	17.00 - 18.00	Pilates	Studio 2	Laura
	17.15 - 17.30	Les Mills CORE	Studio 1	Virtual
	17.45 - 18.40	Les Mills BODYCOMBAT	Studio 1	Jaimee
	18.15 - 19.10	Body Blitz Circuits	Sports Hall	Laura
	19.15 - 20.00	Rave Fit	Studio 1	Rose
	20.15 - 20.45	Les Mills BARRE	Studio 1	Virtual
	21.00 - 21.45	Les Mills SH'BAM	Studio 1	Virtual

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Friday				
Morning	06.15 - 06.45	Les Mills SPRINT	Studio 1	Virtual
	07.00 - 07.50	Les Mills RPM	Studio 1	Virtual
	08.00 - 08.40	Les Mills THE TRIP	Studio 1	Chantelle
	08.45 - 09.40	Les Mills BODYBALANCE	Studio 2	Chantelle
	09.30 - 10.25	Les Mills BODYPUMP	Studio 1	Reuben
	10.00 - 11.00	Vinyasa Yoga	Studio 2	Meral
	10.45 - 11.30	Aqua Fit	Swimming Pool	Lorraine
Afternoon	12.00 - 12.55	Fitness Pilates	Studio 2	Chantelle
	12.15 - 12.45	Les Mills GRIT - Strength	Studio 1	Virtual
	13.00 - 14.00	Mandarin Yoga	Studio 2	Yun-Chung
	14.00 - 14.30	Les Mills BARRE	Studio 1	Virtual
	14.40 - 15.30	Les Mills RPM	Studio 1	Virtual
	15.45 - 16.30	Les Mills BODYPUMP	Studio 1	Virtual
Evening	17.15 - 17.45	HIIT	Studio 1	Filipa
	18.00 - 19.00	Zumba	Studio 1	Rose
	19.15 - 20.15	Les Mills BODYJAM	Studio 1	Sohaila
	20.30 - 21.30	Les Mills BODYBALANCE	Studio 1	Virtual

Saturday				
Morning	07.45 - 08.15	Les Mills CORE	Studio 1	Virtual
	08.30 - 09.30	Les Mills BODYPUMP	Studio 1	Sohaila
	08.30 - 09.30	Dynamic Release Yoga	Studio 2	Dina
	09.45 - 10.45	Les Mills BODYJAM	Studio 2	Sohaila
Afternoon	13.00 - 13.45	Les Mills BODYCOMBAT	Studio 1	Virtual
	14.00 - 14.30	Les Mills BODYBALANCE - Strength	Studio 1	Virtual
	14.45 - 15.15	Les Mills SPRINT	Studio 1	Virtual
	15.30 - 16.15	Les Mills THE TRIP	Studio 1	Virtual
	16.45 - 17.15	Les Mills CORE	Studio 1	Virtual
Evening	17.30 - 18.00	Les Mills BARRE	Studio 1	Virtual

Sunday				
Morning	07.45 - 08.45	Les Mills BODYPUMP	Studio 1	Virtual
	09.00 - 10.00	Fit4Tap	Studio 1	Cheryl
	10.00 - 11.00	Dynamic Release Yoga	Studio 2	Dina
	10.15 - 10.55	Les Mills THE TRIP	Studio 1	Libby
	11.00 - 11.50	Les Mills RPM	Studio 1	Virtual
	11.05 - 12.00	Les Mills BODYBALANCE	Studio 2	Libby
Afternoon	12.30 - 13.15	Les Mills CORE	Studio 1	Virtual
	13.30 - 14.00	Les Mills BARRE	Studio 1	Virtual
	14.15 - 14.45	Les Mills SH'BAM	Studio 1	Virtual
	15.00 - 16.00	Les Mills BODYCOMBAT	Studio 1	Virtual
Evening	16.15 - 17.00	Les Mills BODYBALANCE	Studio 1	Virtual
	17.15 - 17.45	Les Mills CORE	Studio 1	Virtual