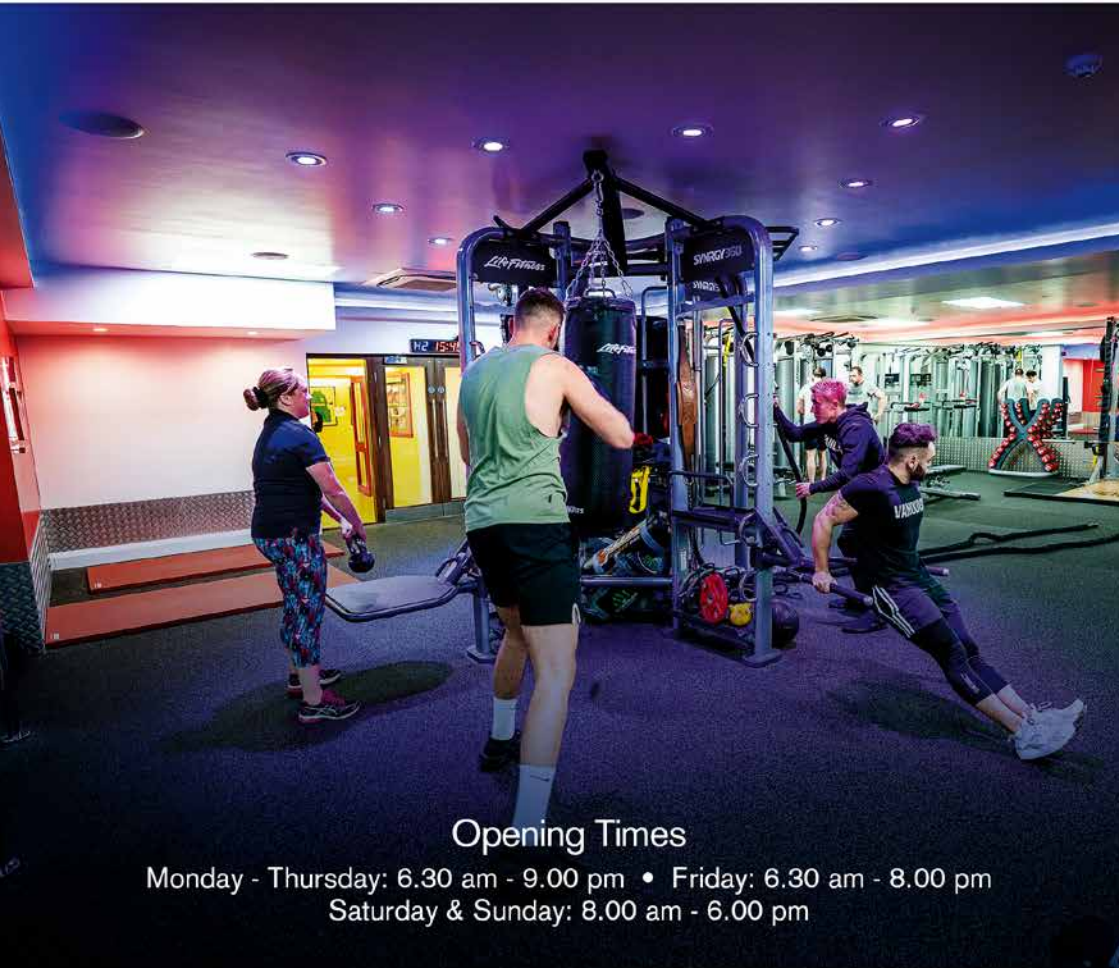


LES MILLS



**LES MILLS
VIRTUAL**

CLASS TIMETABLE



Opening Times

Monday - Thursday: 6.30 am - 9.00 pm • Friday: 6.30 am - 8.00 pm
Saturday & Sunday: 8.00 am - 6.00 pm

COLOUR GUIDE

LIVE CLASSES STUDIO	VIRTUAL CLASSES STUDIO	LIVE CLASSES SPIN STUDIO	AQUA FIT POOL	COURSES	BOOT CAMP OUTDOORS	STRENGTH ZONE	KIDS CLASSES (Term time only)	PRIVATE CLASS
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MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0715	BodyBalance	Virtual	Studio
0645-0715	Sprint	Nick	Spin Studio
0730-0800	CXWorx	Virtual	Studio
0830-0900	BodyCombat	Virtual	Studio
0915-1000	BodyPump	Mike or Virtual	Studio
0915-0945	Synrgy360 Power	Jordan	Strength Zone
0930-1030	Aquafit	Sophie	Pool
1015-1110	BodyBalance	Virtual	Studio
1130-1215	Sh'Bam	Virtual	Studio
1300-1330	Circuits	Jordan	Studio
1345-1440	BodyPump	Virtual	Studio
1450-1530	Private Class	-	Studio
1615-1645	CXWorx	Virtual	Studio
1725-1755	GRIT Cardio	Karl	Studio
1800-1850	RPM	Dave	Spin Studio
1800-1845	BodyStep	Karl	Studio
1850-1935	BodyPump	Mike	Studio
1945-2045	Yoga	Mike L	Studio

TUESDAY

0645-0715	CXWorx	Mike	Studio
0645-0730	BootCamp	Luc	Tennis Courts
0730-0815	BodyPump	Virtual	Studio
0830-0900	BodyAttack	Liz	Studio
0915-1005	Spinning	Niall	Spin Studio
0915-1000	Les Mills Tone	Liz	Studio
1030-1130	Pilates	Aoife	Studio
1140-1210	CXWorx	Virtual	Studio
1215-1245	BodyCombat	Virtual	Studio
1230-1300	Synrgy360 Blast	Jordan	Strength Zone
1300-1330	CXWorx	Virtual	Studio
1345-1430	Sh'Bam	Virtual	Studio
1500-1555	BodyBalance	Virtual	Studio
1615-1645	CXWorx	Virtual	Studio
1700-1745	BodyPump	Mike	Studio
1755-1840	BodyAttack	Nick	Studio
1800-1830	Sprint	Dave	Spin Studio
1850-1935	BodyStep	Liz	Studio
1945-2030	Pound	Pearl	Studio

WEDNESDAY

0645-0735	RPM	Elinora	Spin Studio
0645-0715	BodyAttack	Nick	Studio
0730-0800	CXWorx	Virtual	Studio
0830-0900	Pound	Pearl	Studio
0915-1000	Strong by Zumba	Pearl	Studio
0930-1030	Aquafit	Sophie	Pool
1015-1110	BodyBalance	Virtual	Studio

WEDNESDAY CONTINUED

TIME	CLASS	INSTRUCTOR	LOCATION
1130-1215	Sh'Bam	Virtual	Studio
1230-1315	BodyPump	Virtual	Studio
1300-1330	Synrgy360 Power	Jordan	Strength Zone
1330-1400	CXWorx	Virtual	Studio
1415-1500	Private Class	-	Studio
1530-1615	Sh'Bam	Virtual	Studio
1630-1700	CXWorx	Virtual	Studio
1725-1755	GRIT Athletic	Karl	Studio
1800-1845	BodyPump	Dave	Studio
1745-1845	Pilates	Aoife	Spin Studio
1855-1945	RPM	Serena	Spin Studio
1855-1940	Les Mills Tone	Liz	Studio
1955-2050	BodyBalance	Serena	Studio

THURSDAY

0645-0730	Sunrise Yoga	Mike L	Studio
0645-0730	BootCamp	Luc	Tennis Courts
0830-0900	BodyStep	Liz	Studio
0915-1000	Les Mills Tone	Liz	Studio
0915-0945	Synrgy360 Blast	Jordan	Strength Zone
1030-1115	Zumba	Pearl	Studio
1145-1240	BodyPump	Virtual	Studio
1300-1330	Circuits	Jordan	Studio
1345-1430	BodyPump	Virtual	Studio
1445-1540	BodyCombat	Virtual	Studio
1600-1630	Sh'Bam	Virtual	Studio
1700-1745	BodyBalance	Annette	Studio
1750-1820	BodyAttack	Liz	Studio
1755-1845	RPM	Nick	Spin Studio
1825-1855	CXWorx	Mike	Studio
1900-1945	BodyPump	Nick	Studio
2000-2030	CXWorx	Virtual	Studio

FRIDAY

0645-0735	RPM	Nick	Spin Studio
0640-0725	BodyPump	Mike	Studio
0745-0815	BodyBalance	Virtual	Studio
0830-0900	CXWorx	Virtual	Studio
0915-1005	Spinning	Niall	Spin Studio
0915-1010	BodyBalance	Annette	Studio
1030-1115	Sh'Bam	Virtual	Studio
1145-1215	CXWorx	Virtual	Studio
1230-1315	BodyPump	Virtual	Studio
1330-1400	CXWorx	Virtual	Studio
1415-1510	BodyBalance	Virtual	Studio
1600-1650	Born to Move 7+ Years	Kate	Studio
1615-1645	Synrgy 360 Power	Jordan	Strength Zone
1730-1800	Sprint	Dave	Spin Studio
1745-1830	Les Mills Tone	Zoe	Studio
1840-1925	Body Pump	Serena	Studio

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0805-0900	BodyAttack	Karl	Studio
0815-0905	RPM	Dave	Spin Studio
0900-1000	Aquafit	Sophie	Pool
0915-1000	Les Mills Tone	Liz	Studio
1010-1050	Born to Move 2-3 Years	Dave H	Studio
1100-1155	BodyBalance	Steph	Studio
1215-1310	BodyPump	Virtual	Studio
1300-1330	Synrgy Power	James	Strength Zone
1400-1600	Born to Move Parties	-	Studio
1645-1730	Sh'Bam	Virtual	Studio

SUNDAY

0830-0920	RPM	Serena	Spin Studio
0830-0915	BodyAttack	Karl	Studio
0925-1020	BodyPump	Mike	Studio
0930-1020	Born to Move 4-5 Years	Zoe	Spin Studio
1030-1120	Born to Move 6-7 Years	Zoe	Spin Studio
1030-1100	CXWorx	Mike	Studio
1130-1215	Zumba	Pearl	Studio
1430-1500	Synrgy 360 Blast	Niall	Strength Zone
1430-1630	Born to Move Parties	-	Studio
1710-1740	Sh'Bam	Virtual	Studio

CLASS ETIQUETTE

- Please wear suitable footwear and clothing and bring a water bottle and towel.
- Please advise the instructor if you have not done the class before.
- Please arrive at least 10 minutes prior to the class as admittance will be denied once the class has commenced.
- On arrival please advise the instructor of any pregnancy, medical conditions or injuries.
- No bags to be left on the studio floor.
- Mobile phones are not permitted in the studio unless agreed prior to the class with the instructor.

BOOKING INFORMATION

Classes can be booked up to 7 days in advance for members and 5 days for non-members.

For more information, telephone:

01481 723366

or email: info@kings.gg

Kings Premier Health Club, Kings Road,
St Peter Port, Guernsey, GY1 1QF.

www.kings.gg

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