

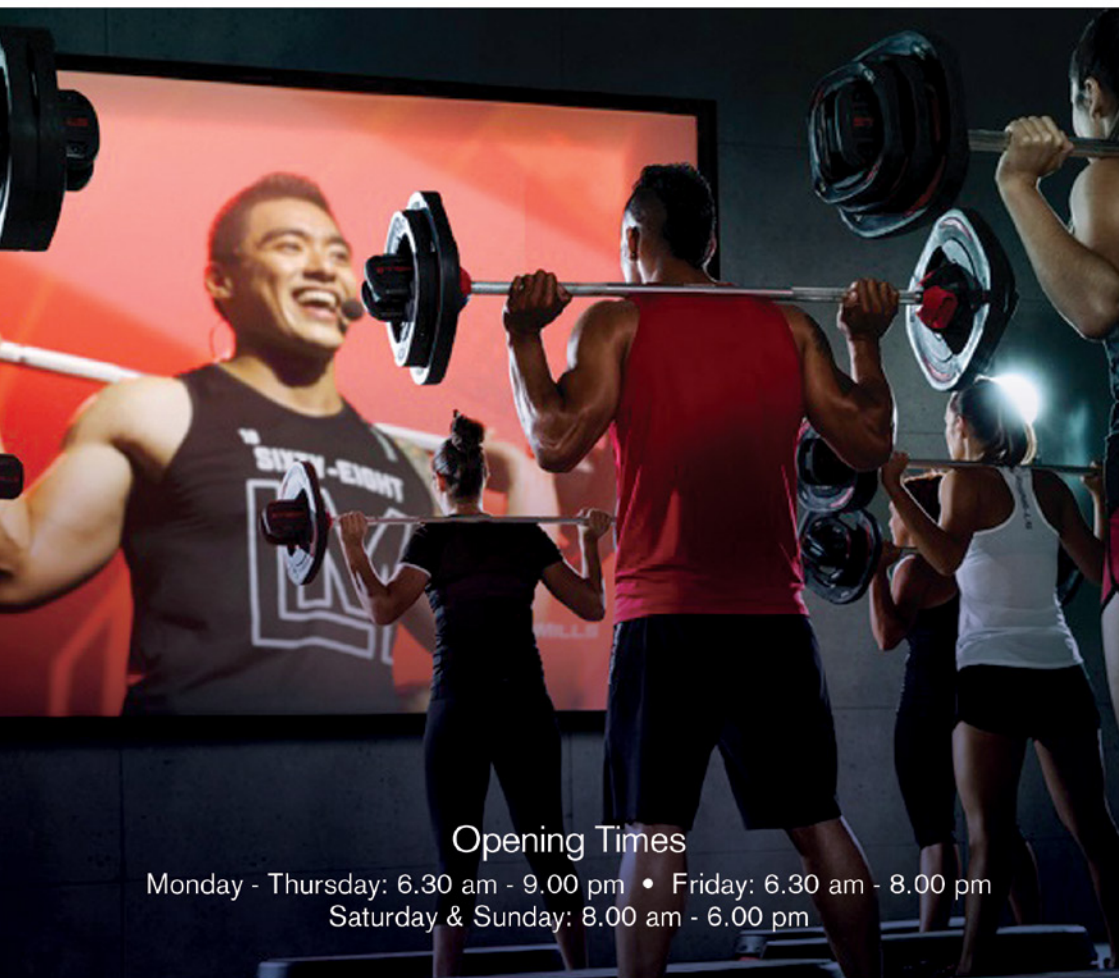
LES MILLS



**LES MILLS
VIRTUAL**

PREMIER HEALTH CLUB

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	AQUA FIT POOL	BOOT CAMP OUTDOORS	STRENGTH ZONE	KIDS CLASSES (Term time only)	PRIVATE CLASS
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MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0715	Les Mills BodyPump	Virtual	Studio
0730-0800	Les Mills CXWorx	Virtual	Studio
0830-0900	Les Mills BodyCombat	Virtual	Studio
0915-1000	Les Mills BodyPump	Annette	Studio
0915-0945	Synrgy360 Power	Jordan	Strength Zone
0930-1030	Aquafit	Sophie	Pool
1020-1115	Les Mills BodyBalance	Virtual	Studio
1130-1215	Les Mills Sh'Bam	Virtual	Studio
1300-1330	Adrenaline	Jordan / James	Studio
1345-1440	Les Mills BodyPump	Virtual	Studio
1615-1645	Les Mills CXWorx	Virtual	Studio
1725-1755	Les Mills GRIT Cardio	Karl	Studio
1800-1845	Les Mills BodyStep	Karl	Studio
1850-1935	Les Mills BodyPump	Mike	Studio
1945-2045	Yoga	Steph	Studio

TUESDAY

0645-0715	Les Mills CXWorx	Mike	Studio
0645-0730	BootCamp	Luc	Tennis Courts
0730-0815	Les Mills BodyPump	Virtual	Studio
0835-0905	Les Mills BodyAttack	Liz	Studio
0915-1000	Les Mills Tone	Liz	Studio
1140-1210	Les Mills CXWorx	Virtual	Studio
1215-1245	Les Mills BodyCombat	Virtual	Studio
1230-1300	Synrgy360 Blast	Jordan	Strength Zone
1300-1330	Les Mills BodyPump	Virtual	Studio
1345-1430	Les Mills Sh'Bam	Virtual	Studio
1500-1555	Les Mills BodyBalance	Virtual	Studio
1615-1645	Les Mills CXWorx	Virtual	Studio
1700-1745	Les Mills BodyPump	Mike	Studio
1755-1840	Les Mills BodyAttack	Nick	Studio
1850-1935	Les Mills Tone	Liz	Studio
1945-2030	Les Mills BodyCombat	Virtual	Studio

WEDNESDAY

0645-0715	Les Mills BodyAttack	Nick	Studio
0730-0800	Les Mills CXWorx	Virtual	Studio
0830-0900	Les Mills CXWorx	Virtual	Studio
0915-1000	Les Mills BodyPump	Annette	Studio
0930-1030	Aquafit	Sophie	Pool
1015-1110	Les Mills BodyBalance	Annette	Studio

WEDNESDAY CONTINUED

TIME	CLASS	INSTRUCTOR	LOCATION
1130-1215	Les Mills SH'Bam	Virtual	Studio
1230-1300	Les Mills CXWorx	Virtual	Studio
1300-1330	Synrgy360 Power	Jordan	Strength Zone
1330-1400	Les Mills BodyPump	Virtual	Studio
1530-1615	Les Mills SH'Bam	Virtual	Studio
1630-1700	Les Mills CXWorx	Virtual	Studio
1725-1755	Les Mills GRIT Athletic	Karl	Studio
1800-1845	Les Mills BodyPump	Dave	Studio
1855-1940	Les Mills BodyStep	Liz	Studio
1945-2040	Les Mills BodyBalance	Serena	Studio

THURSDAY

0645-0730	Sunrise Yoga	Steph	Studio
0645-0730	BootCamp	Luc	Tennis Courts
0835-0905	Les Mills BodyStep	Liz	Studio
0915-1000	Les Mills Tone	Liz	Studio
0915-0945	Synrgy360 Blast	Jordan	Strength Zone
1015-1100	Les Mills BodyPump	Annette	Studio
1145-1240	Les Mills BodyPump	Virtual	Studio
1300-1330	Elevate	Jordan	Studio
1345-1430	Les Mills BodyPump	Virtual	Studio
1445-1540	Les Mills BodyCombat	Virtual	Studio
1600-1630	Les Mills SH'Bam	Virtual	Studio
1700-1745	Les Mills BodyBalance	Annette	Studio
1750-1820	Les Mills BodyAttack	Liz	Studio
1830-1900	Les Mills CXWorx	Mike	Studio
1905-1950	Les Mills BodyPump	Nick	Studio
2000-2030	Les Mills CXWorx	Virtual	Studio

FRIDAY

0640-0725	Les Mills BodyPump	Mike	Studio
0745-0815	Les Mills BodyBalance	Virtual	Studio
0830-0900	Les Mills CXWorx	Virtual	Studio
0915-1010	Les Mills BodyBalance	Annette	Studio
1030-1115	Les Mills BodyPump	Virtual	Studio
1145-1215	Les Mills CXWorx	Virtual	Studio
1230-1315	Les Mills BodyPump	Virtual	Studio
1330-1400	Les Mills CXWorx	Virtual	Studio
1415-1510	Les Mills BodyBalance	Virtual	Studio
1600-1650	Born to Move 7+ Years	Kate / Zoe	Studio
1615-1645	Synrgy 360 Power	Jordan	Strength Zone
1810-1840	Les Mills BodyPump	Dave	Studio
1850-1920	Les Mills CXWorx	Virtual	Studio

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0805-0900	Les Mills BodyAttack	Karl	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	Les Mills BodyBalance	Steph	Studio
1215-1310	Les Mills BodyPump	Virtual	Studio
1300-1330	Synrgy Power	James	Strength Zone
1400-1600	Born to Move Party	-	Studio
1645-1730	Les Mills BodyCombat	Virtual	Studio

SUNDAY

0830-0915	Les Mills BodyAttack	Karl	Studio
0925-1020	Les Mills BodyPump	Mike	Studio
0915-1005	Born to Move 4-5 Years	Zoe	Spin Studio
1010-1100	Born to Move 6-7 Years	Zoe	Spin Studio
1030-1100	Les Mills CXWorx	Mike	Studio
1100-1130	Synrgy 360 Blast	Niall	Strength Zone
1105-1200	Les Mills Body Balance	Serena	Studio
1430-1630	Born to Move Party	-	Studio
1710-1740	Les Mills 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.

OFF PEAK HOURS

10am-3pm and 8pm-9pm Monday to Thursday, 10am-3pm Friday and 1pm-6pm at weekends.

CONTACTS

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Updated March 2020.

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