

LES MILLS



**LES MILLS
VIRTUAL**

CLASS TIMETABLE

March 2021



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		AquaFit Pool
	Virtual Classes		Born to Move
	Outdoor Classes		

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
0645-0715	Les Mills GRIT Strength	Dionne	Studio
0730-0800	Les Mills Core	Virtual	Studio
0830-0900	Les Mills BodyCombat	Virtual	Studio
0915-1000	Les Mills BodyPump	Annette	Studio
0915-0945	Synrgy 360 Power	Jordan	Strength Zone
0930-1030	AquaFit	Sophie	Pool
1020-1115	Les Mills BodyBalance	Virtual	Studio
1200-1230	Adrenaline	Jordan/James	Studio
1245-1330	Les Mills Sh'Bam	Virtual	Studio
1345-1440	Les Mills BodyPump	Virtual	Studio
1615-1645	Les Mills Core	Virtual	Studio
1725-1755	Les Mills GRIT Cardio	Karl	Studio
1800-1845	Les Mills BodyStep	Karl	Studio
1830-1900	RAW	James	OFZ / Strength Zone
1850-1935	Les Mills BodyPump	Mike	Studio
1945-2045	Yoga	Steph	Studio

TUESDAY			
0645-0715	Les Mills Core	Mike	Studio
0645-0730	BootCamp	Luc	Outdoor Fitness Zone (OFZ)
0730-0815	Les Mills BodyPump	Virtual	Studio
0835-0905	Les Mills BodyAttack	Liz	Studio
0915-1000	Les Mills Tone	Liz	Studio
1015-1045	Stretch & Balance	Annette	Studio
1140-1210	Les Mills Core	Virtual	Studio
1215-1245	Les Mills BodyCombat	Virtual	Studio
1300-1330	Synrgy 360 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 Core	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

TIME	CLASS	INSTRUCTOR	LOCATION
WEDNESDAY			
0645-0715	Les Mills BodyAttack	Nick	Studio
0730-0800	Les Mills Core	Virtual	Studio
0830-0900	Les Mills Core	Virtual	Studio
0915-0945	Synrgy 360 Blast	James	Strength Zone
0915-1000	Les Mills BodyPump	Annette	Studio
0930-1030	AquaFit	Sophie	Pool
1015-1110	Les Mills BodyBalance	Annette	Studio
1130-1215	Les Mills Sh'Bam	Virtual	Studio
1230-1300	Les Mills Core	Virtual	Studio
1300-1330	Synrgy 360 Power	Jordan	Strength Zone
1330-1400	Les Mills BodyPump	Virtual	Studio
1530-1615	Les Mills Sh'Bam	Virtual	Studio
1645-1715	Les Mills Core	Virtual	Studio
1725-1755	Les Mills GRIT Athletic	Karl	Studio
1800-1845	Les Mills BodyPump	Dave	Studio
1855-1940	Les Mills BodyStep	Liz	Studio
2000-2045	Les Mills Sh'Bam	Virtual	Studio

THURSDAY			
0645-0730	Sunrise Yoga	Steph	Studio
0645-0730	BootCamp	Luc	Outdoor Fitness Zone (OFZ)
0745-0815	Les Mills Core	Virtual	Studio
0835-0905	Les Mills BodyStep	Liz	Studio
0915-1000	Les Mills Tone	Liz	Studio
0915-0945	Synrgy 360 Blast	Jordan	Strength Zone
1015-1100	Les Mills BodyPump	Annette	Studio
1145-1240	Les Mills BodyPump	Virtual	Studio
1300-1330	Elevate	James	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 Core	Mike	Studio
1905-1950	Les Mills BodyPump	Nick	Studio
2005-2035	Les Mills Core	Virtual	Studio

FRIDAY			
0640-0725	Les Mills BodyPump	Mike	Studio
0745-0815	Les Mills BodyBalance	Virtual	Studio
0830-0900	Les Mills Core	Virtual	Studio
0915-1010	Les Mills BodyBalance	Annette	Studio
1030-1115	Les Mills BodyPump	Virtual	Studio
1145-1215	Les Mills Core	Virtual	Studio
1230-1300	Les Mills GRIT Cardio	Dionne	Studio
1330-1400	Les Mills BodyPump	Virtual	Studio

TIME	CLASS	INSTRUCTOR	LOCATION
FRIDAY continued			
1415-1510	Les Mills BodyBalance	Virtual	Studio
1610-1700	Born to Move 8-12 years	Kate	Studio
1615-1645	Synrgy 360 Power	Jordan	Strength Zone
1715-1755	Fitness Pilates	Serena	Studio
1810-1840	Les Mills BodyPump	Dave	Studio
1850-1920	Les Mills Core	Virtual	Studio

SATURDAY			
0805-0900	Les Mills BodyAttack	Karl	Studio
0900-1000	AquaFit	Sophie	Pool
0915-1000	Les Mills Tone	Liz	Studio
1005-1050	Les Mills Core	Serena	Studio
1100-1155	Les Mills BodyBalance	Steph	Studio
1215-1310	Les Mills BodyPump	Virtual	Studio
1300-1330	Synrgy 360 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 / Zoe	Studio
0925-1020	Les Mills BodyPump	Mike	Studio
1030-1100	Les Mills Core	Mike	Studio
1100-1130	Synrgy 360 Blast	Niall	Strength Zone
1105-1200	Les Mills BodyBalance	Serena	Studio
1215-1300	Les Mills BodyPump	Virtual	Studio
1315-1345	Les Mills Core	Virtual	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.

Join us on...



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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