

# SUMMER CLASS TIMETABLE

| MONDAY                  | TUESDAY                 | WEDNESDAY               | THURSDAY                  | FRIDAY                  | SATURDAY                       | SUNDAY                     |
|-------------------------|-------------------------|-------------------------|---------------------------|-------------------------|--------------------------------|----------------------------|
| Spin & Core<br>6:45am   | Burn & Tone<br>6:45am   | Spin & Core<br>6:45am   | Tabata HIIT<br>6:45am     | Spin & Core<br>6:45am   |                                | Inflatable Hour<br>11:00am |
| Aqua Aerobics<br>9:30am |                         | Aqua Aerobics<br>9:30am |                           | Aqua Aerobics<br>9:30am | Instructor's Choice<br>12:00pm | Burn & Tone<br>12:00am     |
|                         |                         |                         |                           |                         | Teen Gym<br>1:00pm             | Teen Gym<br>1:00pm         |
| Boot Camp<br>6:00pm     | Spin & Core<br>6:00pm   | Burn & Tone<br>6:00pm   | Studio Aerobics<br>6:00pm | Boot Camp<br>6:00pm     |                                |                            |
| Step Aerobics<br>7:00pm | Aqua Aerobics<br>7:00pm | Spin & Core<br>7:00pm   | Aqua Aerobics<br>7:00pm   |                         |                                |                            |
|                         |                         |                         |                           |                         |                                |                            |

## VIRTUAL TIMETABLE

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday  |
|---|--|--|---|--|---|---|
| <b>Les Mills Body Pump</b><br>10-10:45am<br>Studio 1      | <b>Les Mills Body Pump</b><br>9:45-10:30am<br>Studio 1 | <b>Les Mills Sprint</b><br>9:45-10:15am<br>Studio 1    | <b>Les Mills Body Balance</b><br>9:45-10:45am<br>Studio 1 | <b>Les Mills Body Combat</b><br>9:45-10:45am<br>Studio 1 | <b>Les Mills Body Pump</b><br>11am-12pm<br>Studio 1 | <b>Les Mills Sprint</b><br>11am-11:30pm<br>Studio 1 |
| <b>Les Mills Body Balance</b><br>12pm-12:45pm<br>Studio 1 | <b>Les Mills CX Worx</b><br>4pm-4:30pm<br>Studio 1     | <b>Les Mills Body Combat</b><br>4pm-4:45pm<br>Studio 1 | <b>Les Mills Sprint</b><br>4pm-4:30pm<br>Studio 1         | <b>Les Mills Body Pump</b><br>4pm-4:45pm<br>Studio 1     |   |   |
|   | <b>Les Mills CX Worx</b><br>8pm-8:45pm<br>Studio 1     | <b>Les Mills CX Worx</b><br>8pm-8:30pm<br>Studio 1     | <b>Les Mills Body Pump</b><br>8pm-8:45pm<br>Studio 1      | <b>Les Mills Body Balance</b><br>8pm-8:45pm<br>Studio 1  |   |   |



**KILLESHIN**  
HOTEL & LEISURE CLUB  
★★★★

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PROUD TO BE  
AFFILIATED WITH  
**LES MILLS**