

Early Bird

Morning

Afternoon

Evening

MONDAY

06.15-07.00	Kettle Camp	BMW	GI	(600 Cal)
08.45-09.15	FAB	Mini	Julie	
09.15-10.00	Aqua Fit	Pool	Debbie	(250 Cal)
09.30-10.00	Quick HIIT Cardio	Gym	GI	
09.30-10.30	BODYPUMP	BMW	Julie	(560 Cal)
09.30-10.30	Low & Tone	Mini	Kym	(450 Cal)
09.30-10.30	Simply Circuits	Wellness	Phil	
09.30-10.00	Boot Camp	X-Fit	Sally	
10.00-11.00	Strength Club	X-Fit	Lewis	
10.00-10.30	Core Conditioning	Gym	GI	
10.00-10.45	Aqua Fit	Pool	Suzie	(250 Cal)
10.30-11.30	Zumba	Mini	Kym	
10.30-11.30	BODYATTACK	BMW	Debbie	(675 Cal)
10.30-11.15	Spinning	Spin	Anne	(500 Cal)
10.30-11.30	BALANCE	Wellness	Julie	(390 Cal)
11.30-12.30	Beginners Pilates	BMW	Julie	
11.30-12.30	Yoga	Mini	Tony	

TUESDAY

06.15-07.00	Group Met Con	BMW	GI	
06.30-07.30	BODYBALANCE	Mini	Julie	(390 Cal)
07.30-08.30	BODYPUMP	BMW	Julie	(560 Cal)
09.30-10.30	Simply Spin	Spin	Phil	
09.30-10.30	Simply Pilates	Wellness	Julie	
09.30-10.30	Circuits	BMW	GI	
09.30-10.30	Kettle Camp		GI	
09.30-10.30	Adv Pilates	Mini	Kym	
10.00-11.00	Ducklings	Pool	Suzie	
10.30-11.30	BODYSTEP	BMW	Debbie	(620 Cal)
10.30-11.15	Spinning	Spin	Anne	(500 Cal)
10.30-11.30	Zumba	Mini	Kym	(400 Cal)



Helping to Change People's Lives Since 1997

12.00-13.00	Knee Rehab	Wellness	Pam	
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13.30-14.30	Gentle Pilates	BMW	Julie	
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13.30-14.15	Aqua Fit	Pool	Debbie	(250 Cal)
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14.00-15.00	Breathe Easy	Gym	GI	
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17.30-18.30	BODYBALANCE	Wellness	Denise	(390 Cal)
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18.00-19.00	BODYCOMBAT	BMW	Debbie	(737 Cal)
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18.00-18.45	Met Con	Gym	Simon/Lewis	
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18.45-19.30	Spinning	Spin	Anne	(500 Cal)
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19.00-20.00	BODYSTEP	BMW	Debbie	(620 Cal)
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20.00-21.00	Yoga Stretch	BMW	Sue	
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WEDNESDAY

06.30-07.15	Spinning	Spin	Sally W	(500 Cal)
08.45-09.15	FAB	Mini	Julie	
09.30-10.15	Insanity	X-Fit	GI	
09.30-10.30	Simply Active	Wellness	Phil	
09.30-10.00	Quick HIIT Cardio	Gym	GI	(560 Cal)
09.30-10.30	BODYPUMP	BMW	Jen	(560 Cal)
09.30-10.30	Dance Fit	Mini	Anne	(450 Cal)
09.30-10.15	Aqua Fit	Pool	Debbie	(250 Cal)
10.00-10.30	Core on the ball	Gym	GI	
10.30-11.00	Meta Fit	Mini	Jen	(390 Cal)
10.30-11.15	Spinning	Spin	Sally N	(500 Cal)
10.30-11.30	Pilates	BMW	Julie	
11.30-12.30	Yoga	BMW	Tony	

13.00-14.00	Neuro Rehab	Wellness	Pam	
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17.45-18.30	PUMP CARDIO	BMW	Adam	(560 Cal)
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18.00-18.45	Spinning	Spin	Sally N	(500 Cal)
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18.30-19.00	Insanity	BMW	Adam B	
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18.30-19.30	Zumba	Mini	Helen	
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19.30-20.30	Pilates	Wellness	Denise	
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THURSDAY

FRIDAY

SATURDAY

SUNDAY

Early Bird

06.15-07.00 Quick HIIT Cardio/Abs BMW GI **(500 Cal)**

06.30-07.15 Spinning Spin Sally N **(500 Cal)**
06.30-07.30 BODYBALANCE BMW Julie **(390 Cal)**

Morning

09.30-10.30 Circuits BMW GI
09.30-10.30 Pilates Mini Kym
10.30-11.15 Spinning Spin Sally N **(500 Cal)**
10.30-11.30 BODYCOMBAT Mini Debbie
10.30-11.30 Zumba BMW Kym **(400 Cal)**
11.00-12.00 Ducklings Pool Suzie

08.45-09.15 FAB Mini Julie
09.30-10.15 Aqua Fit Pool Debbie **(250 Cal)**
09.30-10.15 Boot Camp X-Fit Simon
09.30-10.00 Quick HIIT Cardio Gym GI
09.30-10.30 BODYPUMP BMW Julie **(560 Cal)**
09.30-10.30 Zumba Mini Laura **(400 Cal)**
09.30-10.30 Falls Prevention Wellness Kathryn
10.00-10.30 Core on the Ball Gym GI
10.30-11.15 Spinning Spin Sally N
10.30-11.30 Low & Tone Mini Kym **(450 Cal)**
10.30-11.30 Pilates BMW Julie
10.45-12.15 Yoga Wellness Tony

08.30-09.30 WARRIOR Fit BMW GI
09.30-10.30 Zumba Mini Helen **(400 Cal)**
09.30-10.15 Group Cycling Spin Ruth **(500 Cal)**

I Love LESMILLS Saturday!

09.00-09.45 BODYSTEP BMW Debbie
09.45-10.30 BODYPUMP BMW Debbie
10.30-11.15 BODYCOMBAT BMW Debbie

Work Out of the Week!

10.00-11.00 BODYBALANCE BMW Denise **(390 Cal)**

Afternoon

13.30-14.30 Gentle Yoga BMW Sue
13.30-14.15 Aqua Fit Pool Debbie **(250 Cal)**

13.30-14.30 BODYATTACK BMW Debbie **(675 Cal)**

Evening

18.00-18.45 Warrior Fit BMW GI
18.00-18.45 Spinning Spin Mark S **(500 Cal)**
19.00-19.45 Hydro Fit Pool Suzie **(500 Cal)**

17.30-18.15 Group Cycling Spin Ruth **(500 Cal)**

I Love LESMILLS Thursday!

18.00-18.45 BODYPUMP BMW Adam
18.45-19.30 BODYSTEP BMW Debbie
19.00-20.00 BODYBALANCE Mini Pam
19.30-20.15 BODYCOMBAT BMW Debbie

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(Calorie Counter)
*Please note
Average Calories only. Can vary dependent on intensity etc.

