

Early Bird

Morning

Afternoon

Evening

## MONDAY

06.15-07.00	Kettle Camp	BMW	GI	<b>(600 Cal)</b>
08.45-09.15	FAB	Mini	Julie	
09.15-10.00	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
09.30-10.00	Quick HIIT Cardio	Gym	GI	
09.30-10.30	BODYPUMP	BMW	Julie	<b>(560 Cal)</b>
09.30-10.30	Low & Tone	Mini	Kym	<b>(450 Cal)</b>
09.30-10.30	Simply Circuits	Wellness	Phil	
09.30-10.00	Boot Camp	X-Fit	Sally	
10.00-10.30	Core Conditioning	Gym	GI	
10.00-10.45	Aqua Fit	Pool	Suzie	<b>(250 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	
10.30-11.30	BODYATTACK	BMW	Debbie	<b>(675 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	BALANCE	Wellness	Julie	<b>(390 Cal)</b>
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	<b>(390 Cal)</b>
07.30-08.30	BODYPUMP	BMW	Julie	<b>(560 Cal)</b>
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	<b>(620 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	<b>(400 Cal)</b>



Helping to Change People's Lives Since 1997

12.00-13.00	Knee Rehab	Wellness	Pam	
-------------	------------	----------	-----	--

13.30-14.30	Gentle Pilates	BMW	Julie	
-------------	----------------	-----	-------	--

13.30-14.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
-------------	----------	------	--------	------------------

14.00-15.00	Breathe Easy	Gym	GI	
-------------	--------------	-----	----	--

17.30-18.30	BODYBALANCE	Wellness	Denise	<b>(390 Cal)</b>
-------------	-------------	----------	--------	------------------

18.00-19.00	BODYCOMBAT	BMW	Debbie	<b>(737 Cal)</b>
-------------	------------	-----	--------	------------------

18.00-18.45	Met Con	Gym	Simon/Lewis	
-------------	---------	-----	-------------	--

18.45-19.30	Spinning	Spin	Anne	<b>(500 Cal)</b>
-------------	----------	------	------	------------------

19.00-20.00	BODYSTEP	BMW	Debbie	<b>(620 Cal)</b>
-------------	----------	-----	--------	------------------

20.00-21.00	Yoga Stretch	BMW	Sue	
-------------	--------------	-----	-----	--

13.00-14.00	Chair Based Class	Wellness	Kathryn	
-------------	-------------------	----------	---------	--

13.30-14.30	BODYCOMBAT	BMW	Debbie	<b>(737 Cal)</b>
-------------	------------	-----	--------	------------------

17.45-18.30	Warrior Fit	Gym	Adam	<b>(500 Cal)</b>
-------------	-------------	-----	------	------------------

18.00-18.30	Boot camp	Mini	Jen	
-------------	-----------	------	-----	--

18.30-19.30	BODYPUMP	BMW	Jen	<b>(560 Cal)</b>
-------------	----------	-----	-----	------------------

18.30-19.30	BALANCE	Wellness	Pam	<b>(390 Cal)</b>
-------------	---------	----------	-----	------------------

18.30-19.15	Spinning	Spin	Sally N	<b>(500 Cal)</b>
-------------	----------	------	---------	------------------

19.30-20.00	Core on the Ball	Wellness	Pam	
-------------	------------------	----------	-----	--

19.30-20.15	Hydro Boot Camp	Pool	Suzie	<b>(600 Cal)</b>
-------------	-----------------	------	-------	------------------

## WEDNESDAY

06.30-07.15	Spinning	Spin	Sally W	<b>(500 Cal)</b>
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	<b>(560 Cal)</b>
09.30-10.30	BODYPUMP	BMW	Jen	<b>(560 Cal)</b>
09.30-10.30	Dance Fit	Mini	Anne	<b>(450 Cal)</b>
09.30-10.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
10.00-10.30	Core on the ball	Gym	GI	
10.30-11.00	Meta Fit	Mini	Jen	<b>(390 Cal)</b>
10.30-11.15	Spinning	Spin	Sally N	<b>(500 Cal)</b>
10.30-11.30	Pilates	BMW	Julie	
11.30-12.30	Yoga	BMW	Tony	

13.00-14.00	Neuro Rehab	Wellness	Pam	
-------------	-------------	----------	-----	--

17.45-18.30	PUMP CARDIO	BMW	Adam	<b>(560 Cal)</b>
-------------	-------------	-----	------	------------------

18.00-18.45	Spinning	Spin	Sally N	<b>(500 Cal)</b>
-------------	----------	------	---------	------------------

18.30-19.00	Insanity	BMW	Adam B	
-------------	----------	-----	--------	--

18.30-19.30	Zumba	Mini	Helen	
-------------	-------	------	-------	--

19.30-20.30	Pilates	Wellness	Denise	
-------------	---------	----------	--------	--

**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

**01524 823363**  
**www.myvvtld.co.uk**

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

