



SUMMER SEASON

MONDAY

06:15 SPIN CRAIG 45MIN
07:00 ASHTANGA YOGA STEPH 60MIN
08:00 GYLLY SWIMCLUB CIARAN 45MIN
09:00 AQUA CIRCUITS KAT 45MIN
09:15 HYBRID ELISE 45MIN
09:15 LM TRIP VIRTUAL 45MIN
10:15 SPIN LAUREN 45MIN
10:15 BODY PUMP KAT 55MIN
11:30 BODY BALANCE  ELISE 45MIN
12:30 BARRE KAT 45MIN
13.30 PLATE-LIT ELISE 30MIN
14:15 TRX MILLIE 45MIN
15:15 PILATES JO 60MIN
16:30 CORE ADAM 30MIN
17:30 BODY PUMP EMMA 45MIN
17:30 SPIN MILLIE 45MIN
17:30 FUNC-STRENGTH ADAM 45MIN
18:30 LATIN DANCE MILLIE 45MIN
19:45 STRETCH ADAM 30MIN

TUESDAY

06:45 YOGA FLOW EMMA 60MIN
07:00 LM TRIP VIRTUAL 45MIN
08:00 LM SPRINT VIRTUAL 45MIN
08:00 PILATES (INTER) REBA 60MIN
09:15 PILATES (BEG) REBA 60MIN
09:15 HYBRID TRAINING MILLIE 45MIN
09:30 SPIN LAUREL 45MIN
10:30 BODY PUMP MILLIE 45MIN
10:30 CIRCUITS LAUREL 45MIN
11:30 BODYBALANCE  KAT 45MIN
12:00 AQUA BLAST MILLIE 30MIN
13:00 LADIES LIFT LAUREL 45MIN
14.30 CIRCUITS CAM 45MIN
15:00 ENDURANCE LAUREN 90MIN
17:15 PLATE-LIT KAT 30MIN
17:15 FUNC-STRENGTH CAM 45MIN
18:00 BODY COMBAT KAT 45MIN
18:15 SPIN MATT 45MIN
19:15 LADIES LIFT CAM 45MIN
20:15 YOGA(SLOWFLOW) BETH 60MIN

WEDNESDAY

06:15 SPIN CRAIG 45MIN
07:00 BARRE KAT 45MIN
07:15 LM TRIP VIRTUAL 45MIN
08:15 TRX LAUREL 45MIN
09:00 BEACH YOGA  JEN 45MIN
09:15 BODY COMBAT KAT 55MIN
10:15 LBT LAUREL 45MIN
10:30 LES MILLS DANCE KAT 30MIN
11:15 RESTORATIVE YOGA OLIVIA 60MIN
12:00 AQUA BLAST KAT 30MIN
13:00 PLATE-LIT LAUREL 30MIN
16:15 LM RPM VIRTUAL 45MIN
17:15 HYBRID TRAINING MILLIE 45MIN
17:15 YOGA FLOW EMMA 60MIN
18:30 SPIN MILLIE 45MIN
19:30 BODY PUMP MILLIE 45MIN
20:00 LM SPRINT VIRTUAL 30MIN
20:30 YOGA(SLOWFLOW) BETH 60MIN

THURSDAY

06:15 LM TRIP VIRTUAL 45MIN
07:15 FUNC-STRENGTH ADAM 45MIN
08:15 SPIN ELISE 45MIN
09:00 AQUA FIT ADAM 45MIN
09:00 POWER PILATES SARAH 60MIN
09:15 HYBRIDTRAINING LAUREN 45MIN
10:15 PLATE-LIT ADAM 30MIN
10:15 SPIN TEAM 45MIN
11:15 STRETCH  LAUREN 45MIN
11:15 CIRCUITS ELISE 45MIN
12:30 LADIES LIFT ELISE 45MIN
13:00 THERAPEUTIC YOGA RUTH 60MIN
13:15 PILATES JO 60MIN
14:15 LM TRIP VIRTUAL 45MIN
14:30 GENTLE FIT MILLIE 45MIN
17:15 LM TRIP VIRTUAL 45MIN
17:15 GLUTE HYBRID MILLIE 45MIN
18:10 BODY PUMP EMMA 55MIN
18:15 SPIN MILLIE 45MIN
19:15 BODY BALANCE EMMA 45MIN
20:15 YOGA (SLOWFLOW) LUCIE 60MIN

FRIDAY

07:00 RUN CLUB LAUREL 45MIN
07:00 ASHTANGA YOGA RUTH 60MIN
08:15 BARRE KAT 45MIN
08:15 SPIN CRAIG 45MIN
09:15 AQUA FIT KAT 45MIN
09:15 SPIN CRAIG 45MIN
09:15 BODY PUMP LAUREL 45MIN
10:30 BODY ATTACK KAT 45MIN
10:30 CIRCUITS LAUREL 45MIN
10:15 LM TRIP VIRTUAL 45MIN
11:30 BODY BALANCE KAT 55MIN
12:30 POWER PILATES SARAH 60MIN
13:00 LADIES LIFT LAUREL 45MIN
14:15 GENTLE FIT KAT 45MIN
17:15 SPIN LA STEVE 45MIN
17:30 HYBRID TRAINING ADAM 45MIN
18:15 SPIN LA STEVE 45MIN
18:30 FUNC-STRENGTH ADAM 45MIN

SATURDAY

07:10 LM RPM VIRTUAL 50MIN
08:00 BODY PUMP TEAM 45MIN
08:15 SPIN LA STEVE 45MIN
09:00 BODY COMBAT KAT 45MIN
09:15 SPIN LA STEVE 45MIN
10:00 SOCIAL TENNIS KAT 60MIN
10:15 PILATES JO 60MIN
10:15 SPIN LA STEVE 45MIN
11:20 PILATES JO 60MIN
14:30 EXPRESS SPIN CAM 30MIN
17:30 FUNC-STRENGTH CAM 45MIN
17.30 LM TRIP VIRTUAL 45MIN
18:30 STRETCH CAM 45MIN

SUNDAY

07:30 BEACH YOGA  LUCIE 60MIN
07:45 LM SPRINT VIRTUAL 30MIN
08:30 SPIN CRAIG 45MIN
09:30 HYBRIDTRAINING ADAM 45MIN
10:30 LADIES LIFT ADAM 45MIN
16:00 SPIN ELISE 45MIN
17:30 CIRCUITS ELISE 45MIN
18:30 LM TRIP VIRTUAL 45MIN
18:30 BODY BALANCE ELISE 45MIN



-SILENT DISCO STYLE IMMERSIVE OUTDOOR
SESSION



StMICHAELS
HEALTH
CLUB