

# Indoor & Function Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle with Colin 06:45-07:30	Total Body Workout with Colin 07:00-07:45	Group Cycle with Colin 07:00-07:45	Group Cycle with Lisa 06:45-07:15	Group Cycle with Colin 07:00-07:45	Functional Body Bootcamp with Mark 08:00-08:45	Bike & Core with Lisa 08:00-08:45
Strong Core with Alice 08:00-08:45	HIIT Group Cycle with Caroline 08:00-08:45	Total Body Workout with Colin 08:00-08:45	Total Body Workout with Lisa 07:30-08:15	Strong Core with Alice 08:00-08:45	BODYPUMP™ with Alice 09:00-09:45	Bike & Core with Lisa 09:00-9:45
Boxing Fitness ** [Function Room] with Alice 09:00-10:00	BODYPUMP™ with Caroline 09:00-09:55	Strength & Conditioning with Tina 09:15-10:00	Functional Body Bootcamp with Tom 09:10-10:10	BODYPUMP™ with Alice 09:00-09:45	Boxing Fitness ** with Alice 10:00-10:30	Vinyasa Yoga with Yvonne 10:15-11:00
LBC with Judy 09:20-10:05	Bike & Core with Caroline 10:15-11:00	Move It with Tina 10:15-11:00	HIIT Group Cycle with Alice 10:30-11:15	Fitness Pilates with Abi 10:30-11:15	Group Cycle with Alice 10:45-11:30	Vinyasa Yoga with Yvonne 11:15-12:15
BODYPUMP™ with Alice 10:15-11:00	Strong Core with Lucy P 11:15-12:00	Strong Core with Tina 11:15-12:00	BODYPUMP™ with Alice 11:30-12:15	Group Cycle with Abi 11:30-12:00	Zumba with Loz 11:45-12:30	Total Body Workout with Rob 12:30-13:15
Step with Judy 11:15-12:00	Fitness Pilates with Bronte 12:15-13:00	Barre Fitness with Caroline 12:15-13:00	Conditioning for Wellness with Farid 12:30-13:15	Dance Fitness with Rob 12:15-13:00	BODYPUMP™ with Debbie 13:00-13:45	Dance Fitness with Rob 13:25-14:10
Conditioning for Wellness [Function Room] with Judy 12:15-13:00	Conditioning for Wellness with Judy 13:15-14:00	Group Cycle with Caroline 13:15-13:45	LBC with Judy 13:30-14:15	Pilates with Abi 13:15-14:00		
Group Cycle with Abi 12:15-12:45	Zumba with Judy 14:15-15:00		Yoga & Pilates Fusion with Judy 14:20-15:05	Stretch & Mobility with Abi 14:15-15:00		
Zumba with Judy 13:00-13:45	Movement Mechanics with Tom 15:15-16:15					
Group Cycle with Lisa 18:00-18:45	Group Cycle with Tom 17:15-18:00					
Strong Core with Bronte 18:55-19:25	Total Body Workout with Lucy 18:15-19:00	Yoga with Bella 16:45-17:45	Group Cycle with Rob 17:30-18:00	Zumba with Loz 18:30-19:15	<p>**We recommend bringing your own boxing gloves to this class.</p> <p>Our timetable is subject to change-for the latest exercise classes please refer to the DL app.</p>	
Fitness Pilates with Bronte 19:30-20:15	Strength & Conditioning with Lucy 19:15-20:00	Group Cycle with Tom 18:00-18:45	Boxing Fitness ** with Jimmy 18:15-19:00			
Stretch & Mobility [Function Room] with Rob 20:00-20:45	Restorative Pilates with Lucy 20:15-21:00	Functional Body Bootcamp with Tom 19:15-20:15	BODYPUMP™ with Debbie 19:15-20:00			

See more classes overleaf

# Pod & Function Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Yoga with Gemma 08:00-09:00	Awakening Yoga with Valerie 08:00-09:00	Pilates with Sarah 08:00-08:45	Pilates with Tina 08:15-09:00	Awakening Yoga with Valerie 08:00-09:00	Fitness Yoga with Alice 08:00-08:45	Pilates with Angie 08:00-08:45
Barre Fitness with Gemma 09:15-10:00	Vinyasa Yoga with Jane G 09:15-10:15	Pilates with Sarah 09:00-09:45	Fitness Pilates with Tina 09:15-10:00	Vinyasa Yoga with Valerie 09:15-10:00	LBC with Ingrid 09:15-10:00	Tai Chi with Mike 09:00-10:30
Pilates [Function Room] with Lucy P 10:15-11:00	Pilates [Function Room] with Lucy P 09:15-10:00	Pilates [Function Room] with Jane G 09:15-10:00	Restorative Pilates with Penny 10:15-11:00	Pilates with Yan 10:15-11:00	Barre Fitness with Abi 10:15-11:00	Qigong with Paul 10:45-11:45
Pilates with Penny 10:30-11:15	Yoga & Pilates Fusion [Function Room] with Lucy P 10:15-11:00	Restorative Pilates with Sarah 10:00-10:45	Pilates with Penny 11:15-12:00	Pilates with Yan 11:15-12:00	Pilates with Abi 11:15-12:00	Meditation with Paul 12:00-13:00
Pilates with Penny 11:30-12:15	Pilates with Jane G 10:30-11:15	Core Stability [Function Room] with Jane G 10:15-11:00	Tai Chi with Mike 12:15-13:15	Yoga & Pilates Fusion with Abi 12:15-13:00	Yoga & Pilates Fusion with Abi 12:15-13:00	
Mindfulness Yoga with Jane G 12:30-13:15	Hatha Yoga with Elena 11:30-12:45	Pilates with Lucy P 11:15-12:00	Pilates with Lucy P 13:30-14:15	Yoga with Bella 13:30-14:45	Pilates with Abi 13:15-14:00	
Yoga and Pilates Fusion with Abi 13:30-14:15	Vinyasa Yoga with Miriam 13:00-14:00	Yoga with Tina 12:15-13:00				
Strong Core with Abi 14:30-15:15		Yoga & Pilates Fusion with Tina 13:15-14:00			Fitness Pilates with Bronte 19:30-20:15	
Pilates with Abi 15:30-16:15		Fitness Pilates with Tina 14:15-15:00				
Yoga with Bella 17:15-18:15			Hatha Yoga with Elena 16:15-17:15	Hatha Yoga with Diana 16:45-17:45		
Yin Yoga with Bella 18:30-19:30	Pilates with Lucy P 17:15-18:00	Hatha Yoga with Diana 17:00-18:00	Barre Fitness with Amy 18:00-18:45	Mindfulness Yoga with Diana 18:00-19:00		
Zumba [Function Room] with Rob 19:00-19:45	Mindfulness Yoga with Valerie 18:15-19:15	Yin & Yang Yoga with Bella 18:15-19:30	Pilates with Amy 19:00-19:45			
Ashtanga Yoga with Davy 19:45-21:00	Yin Yoga with Valerie 19:30-20:30	Pilates with Angie 19:45-20:30	Yoga & Meditation with Amy 20:00-20:45			