

Bay of Isles Leisure Centre Class Timetable

From Monday 14th January to Sunday 3rd February 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	ABT	BOOTCAMP	SPIN	LESMILLS BODYPUMP	FT101			6:00am
6:00am								6:00am
7:15am						LESMILLS BODYPUMP		7:15am
8:20am						LESMILLS BODYBALANCE		8:20am
9:15am	LESMILLS BODYPUMP	POWERSPIN	STEP & TONE	PRIMAL	SPIN		LESMILLS BODYPUMP LESMILLS BODYBALANCE COMBO	9:15am
9:15am								9:15am
9:30am								9:30am
10:30am	BOGAFIT	LESMILLS BODYBALANCE	PILATES	LESMILLS BODYBALANCE	BOGAFIT			10:30am
10:30am								10:30am
4:30pm								4:30pm
5:30pm	LESMILLS BODYPUMP	PILATES	POWERSPIN	PILATES		Like our classes, you will love our memberships. Inquire at Reception today.		5:30pm
5:30pm		PRIMAL		FT101				5:30pm
6:00pm			AQUAFIT					6:00pm
6:30pm								6:30pm

PLEASE NOTE LATE ARRIVALS ARE NOT ALLOWED ENTRY

Participants welcome from 12 years of age when accompanied by an adult