

CHAMBERLAYNE CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
ZUMBA 09:30 - 10:15	LES MILLS BODY PUMP 09:15 - 10:10	LES MILLS RPM 09:30 - 10:15	LES MILLS BODY PUMP 09:15 - 10:10	ZUMBA 09:30 - 10:15	DANCE FITNESS 09:30 - 10:15	YOGA 09:30 - 10:25
NICE & EASY 10:30 - 11:25	LES MILLS BODY BALANCE 10:30 - 11:25	JUNIOR GYM 15:30 - 16:15	LES MILLS BODY BALANCE 10:05 - 10:50	STEP & TONE 10:30 - 11:25	CIRCUITS 10:30 - 11:15	PILATES 10:30 - 11:25
JUNIOR GYM 15:30 - 16:15	JUNIOR GYM 15:30 - 16:15	JUNIOR GYM 16:15 - 17:30	NICE & EASY 10:30 - 11:25	PILATES 11:30 - 12:25		
JUNIOR GYM 16:15 - 17:30	JUNIOR GYM 16:15 - 17:30	LBT 18:00 - 18:55	JUNIOR GYM 15:30 - 16:15	LES MILLS BODY COMBAT 18:00 - 18:55		
LBT 18:00 - 18:55	LES MILLS BODY BALANCE 17:10 - 17:55	LES MILLS BODY BALANCE 19:00 - 19:55	JUNIOR GYM 16:15 - 17:30	LES MILLS BODY PUMP 19:00 - 19:45		
LES MILLS BODY PUMP 19:00 - 19:55	LES MILLS RPM 18:05 - 18:50		LES MILLS BODY PUMP 17:50 - 18:45			
	LES MILLS BODY COMBAT 19:05 - 20:00		ZUMBA 19:00 - 19:45			

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