






































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:15AM - 7:05AM  7:45AM - 8:15AM  9:15AM - 9:45AM  12:15PM - 1:05PM  2:15PM - 3:00PM  5:15PM - 5:45PM	 6:15AM - 6:45AM  7:45AM - 8:35AM  9:15AM - 10:00AM  12:15PM - 12:45PM  2:15PM - 2:45PM  5:15PM - 6:05PM	 6:15AM - 7:05AM  7:45AM - 8:15AM  8:15AM - 8:45AM  9:15AM - 9:45AM  12:15PM - 1:05PM  5:15PM - 6:00PM	 6:15AM - 6:45AM  7:45AM - 8:35AM  9:15AM - 9:45AM  9:45AM - 10:15AM  12:15PM - 12:45PM  2:15PM - 2:45PM  5:15PM - 6:05PM	 6:15AM - 7:05AM  7:45AM - 8:30AM  9:15AM - 9:45AM  12:15PM - 1:05PM  2:15PM - 3:05PM	 8:15AM - 8:45AM  9:45AM - 10:35AM  11:15AM - 12:00PM  12:45PM - 1:15PM	 9:00AM - 9:50AM  11:00AM - 11:30AM  12:30PM - 1:00PM

LES MILLS
SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LES MILLS
THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Bay Club Group Exercise Timetable