

# ASTON QUAY ~ LIVE



## COMMENCING MONDAY 5TH FEB'

### MONDAY

07.00	Kettlebells	30min	FZ
08.00	CXWORX	30min	LME
13.10	The TRIP*	45min	Cycle
14.00	Pilates	30min	FZ
17.20	Mind & Body	30min	LME
17.50	Intro to BodyPump	10min	LME
18.00	BodyPump	60min	LME
18.30	Kettlebells	30min	FZ
19.00	The TRIP*	45min	Cycle
19.05	BodyAttack	30min	LME
19.30	Rip 60	30min	FZ
19.35	CXWORX	30min	LME

### TUESDAY

07.00	BodyPump	30min	LME
08.00	Sprint	30min	Cycle
13.10	RPM	45min	Cycle
14.00	Circuits	30min	FZ
17.30	Pilates	30min	LME
17.35	Sprint	30min	Cycle
18.00	Just Dance	30min	LME
18.30	RPM	45min	Cycle
18.35	BodyAttack	45min	LME
18.45	HIIT	30min	FZ
19.25	CXWORX	30min	LME
20.00	Mind & Body	40min	LME

### WEDNESDAY

07.00	Pilates	45min	LME
13.10	BodyPump	45min	LME
14.00	Mind & Body	30min	LME
17.25	CXWORX	30min	LME
17.30	Kettlebells	30min	FZ
18.00	BodyAttack	45min	LME
18.00	The TRIP*	45min	Cycle
18.50	BodyPump	45min	LME
18.50	Circuits	30min	FZ
19.35	Sprint	30min	Cycle
19.40	Just Dance	45min	LME

### THURSDAY

07.00	Sprint	30min	Cycle
13.10	BodyAttack	30min	LME
13.45	CXWORX	30min	LME
17.30	HIIT	30min	FZ
18.00	BodyPump	45min	LME
18.15	Sprint	30min	Cycle
18.50	CXWORX	30min	LME
18.50	RPM	45min	Cycle
19.25	Mind & Body	40min	LME

### FRIDAY

07.00	The TRIP*	45min	Cycle
13.10	BodyPump	30min	LME
13.45	CXWORX	30min	LME
17.30	Mind & Body	45min	LME
18.00	Sprint	30min	Cycle
18.00	Rip 60	30min	FZ
18.15	Just Dance	30min	LME
19.00	BodyPump	45min	LME
19.30	Kettlebells	30min	FZ

### SATURDAY

10.00	Intro to BodyPump	10min	LME
10.15	BodyPump	60min	LME
11.20	CXWORX	30min	LME
12.00	Just Dance	30min	LME
12.45	The TRIP*	45min	Cycle
16.30	BodyPump	30min	LME
17.15	Pilates	30min	LME

### SUNDAY

11.00	RPM	45min	Cycle
12.00	BodyPump	30min	LME
12.40	CXWORX	30min	LME
13.15	BodyAttack	30min	LME

LME = Les Mills Experience Studio  
Cycle = Bike Studio  
FZ = Functional Zone

\* - You must collect a token from the reception desk to take part in The TRIP cycle class.

