

# Peninsula Leisure Centre

## Group Fitness Christmas Timetable 23/12/2024 - 5/1/2025



	30 minute class	45 minute class		60 minute class			
Christmas 2024 Group Fitness Timetable – Peninsula Leisure Centre							
Access to group fitness classes outside centre staffed hours is for 24 hour access members only - see reception to purchase a 24 hour access tag							
Centre Staffed Hours	Mon 23 Dec 6am-6pm	Tues 24 Dec 6am-12pm	Wed 25 Dec No Staff	Thu 26 Dec No Staff	Fri 27 Dec 6am-6pm	Sat 28 Dec 7am-5pm	Sun 29 Dec 8am-5pm
6.15am	BODY BALANCE Group Fitness Studio	CYCLE Group Fitness Studio	LES MILLS BODY PUMP Virtual Studio	LES MILLS RPM Virtual Studio			
7.30am	PILATES Sports Hall				PILATES Sports Hall	PILATES Group Fitness Studio	LES MILLS BODY BALANCE Virtual Studio
8.00am						AQUA DEEP	
8.30am	RPM Group Fitness Studio	BODY PUMP Sports Hall	LES MILLS BODY BALANCE Virtual Studio	LES MILLS BODY BALANCE Virtual Studio	RPM Group Fitness Studio	BODY PUMP Sports Hall	RPM Group Fitness Studio
	ACTIVE OVER 50s Sports Hall						
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	LES MILLS RPM Virtual Studio	LES MILLS BODY PUMP Virtual Studio	BODY COMBAT Group Fitness Studio	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio
9.30am	YOGA Group Fitness Studio						
10.30am		BODY BALANCE Group Fitness Studio				BODY BALANCE Group Fitness Studio	
11.15am					TAI CHI Group Fitness Studio		
12.00pm	LES MILLS THE TRIP Virtual Studio	LES MILLS DANCE Virtual Studio	LES MILLS BODY PUMP Virtual Studio	LES MILLS BODY COMBAT Virtual Studio			
12.30pm	LITE N EASY				LITE N EASY		
1.00pm					LES MILLS BODY PUMP Virtual Studio		
3.00pm	LES MILLS sprint Virtual Studio	LES MILLS CORE Virtual Studio	LES MILLS DANCE Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS sprint Virtual Studio		
4.00pm	LES MILLS BODY BALANCE Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS THE TRIP Virtual Studio			
5.30pm	BODY COMBAT Group Fitness Studio	LES MILLS BODY PUMP Virtual Studio	LES MILLS BODY COMBAT Virtual Studio	LES MILLS BODY PUMP Virtual Studio	BODY BALANCE Group Fitness Studio		

30 minute class

45 minute class

60 minute class

### Christmas 2024 Group Fitness Timetable – Peninsula Leisure Centre

Access to group fitness classes outside centre staffed hours is for 24 hour access members only - see reception to purchase a 24 hour access tag

Centre Staffed Hours	Mon 30 Dec 6am-6pm	Tues 31 Dec 6am-12pm	Wed 1 Jan 10am-4pm	Thu 2 Jan 6am-6pm	Fri 3 Jan 6am-6pm	Sat 4 Jan 7am-5pm	Sun 5 Jan 8am-5pm
6.15am	BODY BALANCE Group Fitness Studio	CYCLE Group Fitness Studio	LES MILLS BODY PUMP Virtual Studio	RPM Group Fitness Studio	BOOTCAMP Sports Hall		
7.30am	PILATES Group Fitness Studio			LITE N EASY	PILATES Sports Hall	PILATES Group Fitness Studio	LES MILLS BODY BALANCE Virtual Studio
8.00am						AQUA DEEP	
8.30am	RPM Group Fitness Studio ACTIVE OVER 50s Sports Hall	BODY PUMP Sports Hall	LES MILLS BODY BALANCE Virtual Studio	BODY BALANCE Group Fitness Studio ACTIVE OVER 50s Sports Hall	RPM Group Fitness Studio	BODY PUMP Sports Hall	RPM Group Fitness Studio
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	LES MILLS RPM Virtual Studio	BODY PUMP Sports Hall	BODY COMBAT Group Fitness Studio	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio
9.30am	YOGA Group Fitness Studio			LES MILLS DANCE Group Fitness Studio			
10.30am		BODY BALANCE Group Fitness Studio				BODY BALANCE Group Fitness Studio	
11.15am					TAI CHI Group Fitness Studio		
12.00pm	LES MILLS THE TRIP Virtual Studio	LES MILLS DANCE Virtual Studio	LES MILLS BODY PUMP Virtual Studio	LES MILLS BODY COMBAT Virtual Studio			
12.30pm	LITE N EASY				LITE N EASY		
1.00pm					LES MILLS BODY PUMP Virtual Studio		
3.00pm	LES MILLS sprint Virtual Studio	LES MILLS CORE Virtual Studio	LES MILLS DANCE Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS sprint Virtual Studio		
4.00pm	LES MILLS BODY BALANCE Virtual Studio	LES MILLS RPM Virtual Studio	LES MILLS THE TRIP Virtual Studio	LES MILLS THE TRIP Virtual Studio			
5.30pm	BODY COMBAT Group Fitness Studio	LES MILLS BODY PUMP Virtual Studio	LES MILLS BODY COMBAT Virtual Studio	BODY PUMP Group Fitness Studio	BODY BALANCE Group Fitness Studio		