

NCC GROUP FITNESS TIMETABLE

EFFECTIVE MAY 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM	Strength Development ^{LES MILLS} 45	LES MILLS Shapes 45	LES MILLS RPM SPIN 45	functional FITNESS 45	LES MILLS RPM SPIN 45	
6.00 AM	SUNRISE FLOW YOGA 60		LES MILLS BODYPUMP 45			
7.00 AM				SOUND MEDITATION 45	LES MILLS BODYSTEP 45	LES MILLS RPM SPIN 45
8.00 AM	SENIORS thrive CIRCUIT 45	Strength Development ^{LES MILLS} 45	SENIORS thrive CIRCUIT 45	Strength Development ^{LES MILLS} 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP HEAVY 45
8.00 AM	CORE and more 30	YIN YOGA 60				
9.00 AM				LES MILLS Shapes 45		LES MILLS Shapes 45
9.15 AM	LES MILLS BODYPUMP 60	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP HEAVY 60	LES MILLS RPM SPIN 45	functional FITNESS 50	
9.15 AM	LES MILLS RPM SPIN 45	VINYASA YOGA 60	HATHA YOGA 60		VINYASA YOGA 60	
10.00 AM				LES MILLS BODYSTEP 45		
10.30 AM	STRONG ACTIVE SENIORS 60	SENIORS PILATES 60	STRONG ACTIVE SENIORS 60	SENIORS PILATES 60	STRONG ACTIVE SENIORS 60	
10.30 AM	HATHA YOGA 60		LES MILLS RPM SPIN 45			
11.30 AM						
11.45 AM	SENIORS CHAIR FIT 45					
4.30 PM	ZUMBA FITNESS 45					
4.45 PM	PILATES 45					
5.00 PM		LES MILLS RPM SPIN 45		LES MILLS BODYPUMP HEAVY 45		
5:30 PM			LES MILLS Shapes 45			
5:35 PM	YIN YOGA 60					
6.00 PM		CORE and more 30		SLOW FLOW YOGA 60		

CLASS SUBJECT TO CHANGE*

PLEASE MAKE SURE YOU ARRIVE AT EACH CLASS AT LEAST 5 MINUTES BEFORE THE STARTING TIME.

INSTRUCTORS WILL NOT ALLOW ENTRY TO ANY LATECOMERS. THIS HELPS TO ENSURE ALL CLASSES CONTINUE TO RUN ON TIME AND DON'T IMPACT LATER SESSIONS.

WE ASK ALL ATTENDEES TO BRING A TOWEL TO EACH CLASS AND WIPE DOWN EQUIPMENT AFTER USE