

# NCC GROUP FITNESS TIMETABLE

EFFECTIVE 22ND SEPTEMBER 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM	Strength Development <sup>45</sup>	LES MILLS Shapes <sup>45</sup>	LES MILLS RPM SPIN <sup>45</sup>	Functional Fitness <sup>45</sup>	LES MILLS RPM SPIN <sup>45</sup>	
6.00 AM	Sunrise Flow Yoga <sup>60</sup>		LES MILLS BODYPUMP <sup>45</sup>			
7.00 AM				Guided Meditation & Sound Healing <sup>60</sup>	LES MILLS BODYSTEP <sup>45</sup>	LES MILLS RPM SPIN <sup>45</sup>
8.00 AM	Seniors Thrive Circuit <sup>45</sup>	Strength Development <sup>45</sup>	Seniors Thrive Circuit <sup>45</sup>	Strength Development <sup>45</sup>	LES MILLS BODYPUMP <sup>45</sup>	LES MILLS BODYPUMP <sup>45</sup>
8.00 AM	LES MILLS CORE <sup>30</sup>	Yin Yoga <sup>45</sup>				
9.00 AM				LES MILLS Shapes <sup>45</sup>		LES MILLS Shapes <sup>45</sup>
9.15 AM	LES MILLS BODYPUMP <sup>60</sup>	LES MILLS BODYSTEP <sup>60</sup>	LES MILLS BODYPUMP <sup>60</sup>	LES MILLS RPM SPIN <sup>45</sup>	Functional Fitness <sup>50</sup>	
9.15 AM	LES MILLS RPM SPIN <sup>45</sup>	Vinyasa Yoga <sup>60</sup>	Hatha Yoga <sup>60</sup>		Vinyasa Yoga <sup>60</sup>	
10.00 AM				LES MILLS BODYSTEP <sup>45</sup>		
10.30AM	Strong Active Seniors <sup>60</sup>	Senior Pilates <sup>60</sup>	Strong Active Seniors <sup>60</sup>		Strong Active Seniors <sup>60</sup>	
10.30 AM	Hatha Yoga <sup>60</sup>		LES MILLS RPM SPIN <sup>45</sup>			
11.30 AM				Senior Pilates <sup>60</sup>		
11.45 AM	Seniors Chair Fit <sup>45</sup>					
4.30 PM	ZUMBA FITNESS <sup>45</sup>					
4.45 PM	Pilates <sup>45</sup>					
5.00 PM		LES MILLS RPM SPIN <sup>45</sup>		LES MILLS BODYPUMP <sup>45</sup>		
5:30 PM			Pilates <sup>60</sup>			
5:35 PM	Yin Yoga <sup>60</sup>					
6.00 PM		LES MILLS CORE <sup>30</sup>		Slow Flow Yoga <sup>60</sup>		
6.35 PM		Flexibility Training <sup>60</sup>				

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.