

WORKOUT TAKEOVER

MACMILLAN
CANCER SUPPORT

everyone
ACTIVE

MONDAY

10:00  EA30 Condition

10:45   Yoga

14:00  EA30 family fitness

18:00  EA30 Core

19:00   @ PiYo

  Pre & Post Natal

TUESDAY

10:00  EA30 Pilates

14:00  Les Mills Born to Move

18:00  EA30 LBT

19:00   Les Mills Body Pump

19:45   Yoga

  Seated exercise

WEDNESDAY

10:00  Les Mills Body Combat

10:45   @ EA30 Pilates

14:00  Les Mills Born to Move

18:00   @ Les Mills Grit Cardio

  Sport

THURSDAY

10:00  Les Mills Grit Cardio

14:00  EA30 Family Fitness

18:00  Les Mills Body Combat

19:00   @ Les Mills Body Balance

  Exercise Referral

FRIDAY

10:00  Les Mills Body Pump

10:45   @ Insanity

18:00   EA30 Core

19:00   Les Mills Body Combat

20:00   Pilates

SATURDAY*

09:00  @ Pilates

10:00  @ Insanity & Core Combo Class

11:00  @ Les Mills Combo

12:00  @ Yoga

13:00   High Intensity Low impact

14:00   Family Fitness

15:00   Running

16:00   LBT

17:00   Les Mills Body Balance

SUNDAY*

09:00  @ Core

10:00  @ Les Mills Combo
Body Combat & Body Pump

11:00  @ Les Mills Body Balance

12:00  @ Family Fitness

13:00  @ Bootcamp

14:00  @ Family Pilates

15:00  @ Barre

16:00   Les Mills Body Pump

17:00   Yoga

Some classes require some additional equipment: **Core** Space to lie on floor and optional hand weights / water bottles / tins for resistance.
Barre A chair to hold on to. Streaming on  YouTube  Facebook  Instagram. *Saturday and Sunday classes are 45 minutes.