



Group Fitness Timetable

Monday			
10.00 - 10.45 am	Perfect Posture	Dance Studio	Donna
10.45 - 11.45 am	Aeromix	Dance Studio	Donna
12.00 - 1.00pm	LES MILLS BODYBALANCE	Dance Studio	Kirsty
5.30 - 6.15 pm	LES MILLS RPM	Spin Studio	Iona
5.30 - 6.15 pm	LES MILLS BODYATTACK	Dance Studio	Kirsty
6.00 - 6.30 pm	LES MILLS GRIT	Main Hall	Graeme/ Ian
6.15 - 7.15pm	LES MILLS BODYSTEP	Dance Studio	Katie
6.30 - 7.00 pm	LES MILLS sprint	Spin Studio	Ian
7.15 - 7.45pm	LES MILLS CXWORX	Dance Studio	Katie
7.30 - 8.15 pm	Aqua Zumba	Pool	Eliska
7.45 - 8.45 pm	LES MILLS BODYBALANCE	Dance Studio	Katie

Tuesday			
6.30 - 7.15am	LES MILLS RPM	Spin Studio	Iona
10.00 - 11.00 am	Body Conditioning	Dance Studio	Donna
10.15 - 11.00 am	Aqua Aerobics	Pool	
11.00 - 12.00 pm	LES MILLS BODYBALANCE	Dance Studio	Rebecca
5.15 - 6.00 pm	LES MILLS BODYSTEP	Dance Studio	Catriona
6.00 - 6.30pm	LES MILLS GRIT	Main Hall	Rebecca
6.00 - 7.00 pm	LES MILLS BODYBALANCE	Spin Studio	Eliska
6.30 - 7.15 pm	LES MILLS BODYCOMBAT	Dance Studio	Rebecca
7.00 - 8.00 pm	Zumba	Main Hall	Eliska
7.20 - 8.20 pm	LES MILLS BODYPUMP	Dance Studio	Donna

Wednesday			
7.00 - 7.30am	LES MILLS GRIT	Dance Studio	Ian
10.15 - 11.15 pm	Aeromix	Main Hall	Julie
11.15 - 12pm	LES MILLS BODYPUMP	Dance Studio	Katie
12.00- 12.30pm	LES MILLS CXWORX	Dance Studio	Kirsty
12.00 - 1.00 pm	Zumba	Main Hall	Eliska
5.25pm - 5.55pm	LES MILLS CXWORX	Spin Studio	Katie
6.00 - 7.00 pm	LES MILLS BODYBALANCE	Spin Studio	Katie
6.00 - 6.45pm	LES MILLS BODYPUMP	Dance Studio	Julie
7.05 - 7.50 pm	LES MILLS RPM	Spin Studio	Ian
7.00 - 8.00 pm	LES MILLS BODYSTEP	Main Hall	Katie

Thursday			
6.30 - 7.15am	LES MILLS RPM	Spin Studio	Iona
10.00 - 11.00 am	Body Conditioning	Dance Studio	Donna
11.00 - 12.00 pm	LES MILLS BODYBALANCE	Dance Studio	Kirsty
12.00- 12.30pm	LES MILLS CXWORX	Dance Studio	Kirsty
1.00- 1.30 pm	LES MILLS GRIT	Dance Studio	Donna
5.30-6.00pm	LES MILLS sprint	Spin Studio	Kendra
6.05- 6.35pm	LES MILLS CXWORX	Spin Studio	Eliska
6.00 - 6.45 pm	LES MILLS BODYATTACK	Dance Studio	Kirsty
7.00 - 8.00 pm	LES MILLS BODYPUMP	Dance Studio	Donna
6.45 - 7.45pm	Yoga	Spin Studio	Ana

Friday			
7.00 - 7.45 am	LES MILLS BODYSTEP	Dance Studio	Catriona
10.15 - 11.00 am	Aqua Aerobics	Pool	
11.00 - 12.00 pm	LES MILLS BODYPUMP	Dance Studio	Donna
5.30 - 6.15 pm	LES MILLS BODYCOMBAT	Dance Studio	Iona
5.30 - 6.00 pm	LES MILLS sprint	Spin Studio	Ian
6.15 - 7.15 pm	LES MILLS BODYBALANCE	Dance Studio	Eliska

Saturday			
9.15 - 10.15 am	LES MILLS BODYPUMP	Dance Studio	

Classes are always subject to availability but at Atlantis Leisure we will always do our best to accommodate you in your chosen class.

All classes must be prepaid and all customers agree to our 6 hour notice policy when cancelling and/or rescheduling. So if you are booked into a class, but miss it or cancel with less than 3 hours notice, you will be charged.

If you need to cancel your space please call 01631 566800, Text 07464396047 or email; cancellations@atlantisleisure.co.uk or through the app/ online bookings. All class members (10 sessions or any membership which included classes) will be able to book; at reception, online and over the phone 8 days in advance.

Everyone else can book 7 days in advance or 5 days if unregistered

Please be aware that if you miss the warm up (normally the first 5mins) won't be able to train for you own safety.

Bookings are made through reception, online or through the app : please call 01631 566800. Online bookings are open 7am- 11pm

Classes require three or more people in order to take place.

Instructors and classes are subject to change.

All Atlantis Leisure Les Mills instructors are all highly experienced and attend quarterly workshops keeping them up to date with the most recent releases.

LES MILLS

BODYATTACK

is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

LES MILLS

BODYBALANCE

is the yoga, t'ai chi and Pilates workout that builds flexibility and strength, and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS

BODYCOMBAT

is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, t'ai chi and Muay Thai.

LES MILLS

BODYPUMP

is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

LES MILLS

BODYSTEP

is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

LES MILLS

RPM

is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

LES MILLS

CXWORX

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises. You will also get into some hip, butt and lower back exercises.

LES MILLS

sprint

is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to

achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

LES MILLS

GRIT

Considered one of the quickest ways to take your fitness to the next level, the high-intensity interval training of a LES MILLS GRIT workout builds cardiovascular fitness and lean muscle while sending calorie burn through the roof. The idea is that you go as hard as you possibly can for a short time, rest and then do it again. The intense intervals, particularly the use of the recoveries, allow you to keep reaching your maximum training zone, which is where the results kick in.



When participants see a Zumba™ class in action, they can't wait to give it a try. Zumba™ classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.



Known as the Zumba™ "pool party," Aqua Zumba™ gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing. A safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Body Conditioning- Mix of aerobics and toning concentrating on legs, bums and tums. Full body workout suitable for all fitness levels especially beginners.

Aqua Aerobics- An aerobics class in the swimming pool using the water to create resistance. Ideal for those with joint issues and impact is reduced by the water.

Aeromix- A fun low to moderate session aimed at increasing stamina, strength and suppleness. Suitable for those new to exercise or those who are looking to improve health and wellbeing.

Perfect Posture- a 45 minute low to moderate intensity class aimed at those looking to improve core strength and posture.

Yoga- Mixed ability Ashtanga Vinyasa yoga is a dynamic system which synchronises breath and movement and creates a flow through a series of yoga postures. Yoga helps to improve strength, flexibility and helps to tame monkey mind.