



# Atlantis Fitness Class Programme



Day	Time	Class	Studio	Instructor
Monday	10.00 - 10.45 am	Perfect Posture	Spin Studio	Donna
	10.45 - 11.45 am	Active For Life Exercise	Spin Studio	Donna
	12.00- 1.00pm	<b>LES MILLS</b> <b>BODYBALANCE</b>	Dance Studio	Kirsty
	5.30 - 6.15 pm	<b>LES MILLS</b> <b>RPM</b>	Spin Studio	Kelly
	5.30 - 6.30 pm	<b>LES MILLS</b> <b>BODYATTACK</b>	Dance Studio	Julie
	6.00 - 7.00 pm	Pilates	Main Hall	Elise
	6.35- 7.05 pm	<b>LES MILLS</b> <b>BODYSTEP</b> ATHLETIC	Dance Studio	Katie
	6.30- 7.00 pm	<b>LES MILLS</b> <b>sprint</b>	Spin Studio	Ian
	7.05-7.35pm	<b>LES MILLS</b> <b>CXWORX</b>	Dance Studio	Katie
	7.00 - 8.00 pm	Circuits	Main Hall	AK
	7.35 - 8.35 pm	<b>LES MILLS</b> <b>BODYBALANCE</b>	Dance Studio	Katie
7.30 - 8.15 pm	Aqua Zumba	Pool	Eliska	
Tuesday	6.30am- 7.15am	<b>LES MILLS</b> <b>RPM</b>	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	<b>LES MILLS</b> <b>BODYBALANCE</b>	Dance Studio	Rebecca
	4.00- 5.00pm	Age 6-7's <b>BORN TO MOVE</b>	Dance Studio	Claire and Rebecca
	5.15 - 6.00 pm	<b>LES MILLS</b> <b>BODYSTEP</b>	Dance Studio	Claire
	6.00 - 7.00 pm	<b>LES MILLS</b> <b>BODYCOMBAT</b>	Dance Studio	Rebecca
	6.00 - 7.00 pm	Pilates	Spin Studio	Elise
	7.00 - 8.00 pm	Zumba	Main Hall	Eliska
7.15 - 8.15 pm	<b>LES MILLS</b> <b>BODYPUMP</b>	Dance Studio	Jack	
Wednesday	10.15 - 11.15 pm	Active For Life Exercise	Main Hall	Julie
	11.15-12.00pm	Perfect Posture	Spin Studio	Julie
	11.15-12pm	<b>LES MILLS</b> <b>BODYPUMP</b>	Dance Studio	Katie
	12.00-12.30pm	<b>LES MILLS</b> <b>CXWORX</b>	Dance Studio	Claire
	12.00 - 1.00 pm	Zumba	Main Hall	Eliska
	5.10 - 5.55 pm	<b>LES MILLS</b> <b>BODYCOMBAT</b>	Dance Studio	Rebecca
	5.25pm-5.55pm	<b>LES MILLS</b> <b>CXWORX</b>	Spin Studio	Katie
	6.00 - 7.00 pm	<b>LES MILLS</b> <b>BODYBALANCE</b>	Spin Studio	Katie
	6.00 - 7.00 pm	<b>LES MILLS</b> <b>BODYPUMP</b>	Dance Studio	Claire
	7.00 - 8.00 pm	<b>LES MILLS</b> <b>BODYSTEP</b>	Dance Studio	Katie
	7.05 - 7.50 pm	<b>LES MILLS</b> <b>RPM</b>	Spin Studio	Ian

Thursday	6.30am-7.15am	LES MILLS <b>RPM</b>	Spin Studio	Kelly
	10.00 - 11.00 am	Body Conditioning	Dance Studio	Donna
	11.00 - 12.00 pm	LES MILLS <b>BODYBALANCE</b>	Dance Studio	Kirsty
	12.00-12.30pm	LES MILLS <b>CXWORX</b>	Dance Studio	Kirsty
	5.00-6.00pm	Age 8-12's <b>BORN TO MOVE</b>	Dance Studio	Claire and Rebecca
	6.00 - 7.00 pm	LES MILLS <b>BODYATTACK</b>	Dance Studio	Kirsty
	6.05-6.35pm	LES MILLS <b>CXWORX</b>	Spin Studio	Claire
7.15 - 8.15 pm	LES MILLS <b>BODYPUMP</b>	Dance Studio	Donna	
Friday	7.00 - 7.45 am	LES MILLS <b>BODYSTEP</b>	Dance Studio	Claire
	10.15 - 11.00 am	Aqua Aerobics	Pool	Yvonne
	11.00 - 12.00 pm	LES MILLS <b>BODYPUMP</b>	Dance Studio	Claire
	5.30 - 6.15 pm	LES MILLS <b>BODYCOMBAT</b>	Dance Studio	Kelly
	5.30- 6.00 pm	LES MILLS <b>sprint</b>	Spin Studio	Ian
6.15 - 7.15 pm	LES MILLS <b>BODYBALANCE</b>	Dance Studio	Eliska	
Saturday	9.15 - 10.15 am	LES MILLS <b>BODYPUMP</b>	Dance Studio	

### TERMS & CONDITIONS

*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 24 hour notice policy when cancelling and/or rescheduling. So if you are booked into a class, but miss it or cancel with less than 24 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*

*Customers that have booked and attended their chosen class will have first rights to the next weeks class, then any available spaces will be opened 20 minutes after class has started on a first come basis.*

*Out of consideration for the instructor and other members, and also for your own safety (the warm-up is an important aspect of each class) please be aware that if you are more than 5 minutes late for a class, you may not be able to train.*

**Bookings are made through reception** : please call 01631 566800

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

*\*Instructors and classes are subject to change.*

*\*Technique class must be attended before participating in Body Pump and Body Balance - please book this through reception.*

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