



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:40 – 07:25 URBAN CYCLE Peloton Studio Jade	06:40 – 07:25 URBAN CYCLE Peloton Studio Jade	06:45 – 07:15 URBAN HIIT The Studio UFL Team	07:00 – 07:45 URBAN CYCLE Peloton Studio Zak	06:40 – 07:25 URBAN CYCLE Peloton Studio Zara	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor
	06:45 – 07:15 URBAN HIIT The Studio UFL Team	07:00 – 07:45 BODYATTACK The Studio Derek	06:45 – 07:15 SPRINT Peloton Studio Marci	07:00 – 07:45 BODYPUMP The Studio Lin	07:30 – 08:15 BODYBALANCE The Studio Zara	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor
	07:25 – 08:10 BODYPUMP The Studio Laura	07:30 – 08:00 SPRINT Peloton Studio Zak	07:30 – 08:15 BODYBALANCE The Studio Marci	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	10:20 – 10:50 SPRINT Peloton Studio Marci
	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	08:00 – 09:00 RPM (V) Peloton Studio Virtual Instructor	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 10:45 BODYPUMP The Studio Georgie	11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor
	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	09:00 – 10:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	10:55 – 11:40 BODYATTACK The Studio Georgie	11:00 – 11:45 BODYBALANCE The Studio Marci
	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	10:00 – 11:00 RPM (V) Peloton Studio Virtual Instructor	11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor	11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor		
11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor	11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor	11:00 – 12:00 RPM (V) Peloton Studio Virtual Instructor					
AFTERNOON	12:15 – 13:00 URBAN CYCLE Peloton Studio Zara	12:10 – 12:55 BODYATTACK The Studio Zara	12:15 – 13:00 URBAN CIRCUITS The Studio UFL Team	12:10 – 12:55 URBAN CIRCUITS The Studio UFL Team	12:00 – 12:30 URBAN HIIT The Studio UFL Team	12:00 – 12:45 URBAN CYCLE Peloton Studio Laurie	12:00 – 12:45 URBAN CIRCUITS The Studio UFL Team
	12:15 – 12:45 URBAN HIIT The Studio UFL Team	12:20 – 13:05 URBAN CYCLE Peloton Studio Zak	12:30 – 13:00 SPRINT Peloton Studio Zak	12:30 – 13:15 URBAN CYCLE Peloton Studio Laurie	12:10 – 12:55 URBAN CYCLE Peloton Studio Zak	13:00 – 14:00 RPM (V) Peloton Studio Virtual Instructor	13:00 – 14:00 RPM (V) Peloton Studio Virtual Instructor
	13:00 – 14:00 RPM (V) Peloton Studio Virtual Instructor	13:00 – 13:45 BODYPUMP The Studio Zara	13:00 – 14:00 RPM (V) Peloton Studio Virtual Instructor	13:10 – 13:40 URBAN HIIT The Studio UFL Team	12:30 – 13:15 BODYATTACK The Studio Lucy	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor
	13:05 – 13:50 BODYBALANCE The Studio Zara	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor	13:10 – 13:40 URBAN HIIT The Studio UFL Team	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor	13:05 – 13:35 SPRINT Peloton Studio Zak	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor
	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	14:00 – 15:00 RPM (V) Peloton Studio Virtual Instructor		16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor
	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor	15:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor		
16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor	17:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor		16:00 – 17:00 RPM (V) Peloton Studio Virtual Instructor			
EVENING	17:00 – 18:00 RPM (V) Peloton Studio Virtual Instructor	17:45 – 18:30 URBAN CIRCUITS The Studio UFL Team	17:00 – 18:00 RPM (V) Peloton Studio Virtual Instructor	17:00 – 16:00 RPM (V) Peloton Studio Virtual Instructor	17:15 – 17:45 SPRINT Peloton Studio Marci		
	18:00 – 18:45 BODYPUMP The Studio Shannon	18:00 – 18:30 SPRINT Peloton Studio Nas	17:45 – 18:30 URBAN CIRCUITS The Studio UFL Team	17:45 – 18:30 BODYBALANCE The Studio Fay	17:15 – 17:45 URBAN HIIT The Studio UFL Team		
	18:00 – 18:45 URBAN CYCLE Peloton Studio Zak	18:40 – 19:25 BODYATTACK The Studio Nas	18:15 – 19:00 URBAN CYCLE Peloton Studio Zak	18:00 – 18:45 URBAN CYCLE Peloton Studio Instructor	18:00 – 18:45 BODYPUMP The Studio Laura		
	18:55 – 19:40 BODYATTACK The Studio Hayley	19:00 – 20:00 RPM (V) Peloton Studio Virtual Instructor	18:40 – 19:25 BODYATTACK The Studio Derek	18:45 – 19:15 URBAN HIIT The Studio UFL Team	19:00 – 20:00 RPM (V) Peloton Studio Virtual Instructor		
	19:00 – 20:00 RPM (V) Peloton Studio Virtual Instructor	20:00 – 21:00 RPM (V) Peloton Studio Virtual Instructor	19:00 – 20:00 RPM (V) Peloton Studio Virtual Instructor	19:00 – 20:00 RPM (V) Peloton Studio Virtual Instructor			
20:00 – 21:00 RPM (V) Peloton Studio Virtual Instructor		20:00 – 21:00 RPM (V) Peloton Studio Virtual Instructor	20:00 – 21:00 RPM (V) Peloton Studio Virtual Instructor				

LES MILLS BODYPUMP

BODYPUMP™ is the original LES MILLS™ barbell class that sculpts, tones and strengthens the entire body, fast! Using the BODYPUMP™ formula - THE REP EFFECT™, this class focuses on low weights with high repetition movements, to create lean, toned muscle. This moderate to high intensity class burns on average 560 calories.

LES MILLS BODYBALANCE

BODYBALANCE™ is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength. Combining controlled breathing, concentration and carefully constructed stretches, this is the perfect class for busy people who want to leave the stresses of the day behind them. Burning on average 390 calories per class, this workout brings the body into a state of harmony and balance.

LES MILLS BODYATTACK

BODYATTACK™ is the full on, high-energy cardio workout that aims to improve speed, fitness, strength and agility. This interval training programme combines athletic aerobic movements with strength and stabilisation exercises. BODYATTACK™ is for anyone who wants to get fit, stay fit or get fitter burning on average a huge 735 calories.

LES MILLS SPRINT

SPRINT™ is a cycle workout built on the science of high-intensity interval training (HIIT) that's all about results. This quick and hard style of training returns rapid gains with minimal joint impact. In just 30-minutes, the payoff is a result in burning calories for hours after the class has completed which can average 445.

LES MILLS RPM

Based on the sport of cycle racing, RPM™ uses a series of simulated climbs and sprints to create a workout where you control the intensity, it's literally easier than riding a bike. An RPM™ class will leave you with a sense of accomplishment and feeling euphoric, ready to come back for more. This class burns an average of 675 calories.

URBAN HIIT

High Intensity Interval Training has been found to be one of the most effective ways to burn fat and keep your body burning more calories even after you've finished your workout! Short bursts of all out effort are combined with steady state rest periods in order to ensure you maximise the efficiency of your session in this short, sharp, 500 calorie burn 30-minute URBAN HIIT class.

URBAN CYCLE

Our Peloton Studio provides the most incredible environment to really push yourself in our longer 45-minute, instructor led class. Run, Climb and Sprint your way to the finish line as instructors design their classes, full of passion, intensity and fun – ensuring your workout is as enjoyable as possible burning over 600 calories in the process.

URBAN CIRCUITS

URBAN CIRCUIT classes offer a challenge to all of our members. With a diverse range of instructors, each with contrasting strengths and passions, URBAN CIRCUITS will ensure you jump, skip and sweat your way to a full body workout in the studio or on the gym floor with the objective of a minimum 400 calorie burn.

LES MILLS VIRTUAL

VIRTUAL™ provides movie-like versions of the internationally renowned RPM™ classes that are played on our big screen in the Peloton Studio. The footage is completely immersive – it's highly motivating and really does feel like the instructor is in the room, inspiring and motivating! We'll be running Virtual RPM™ at various times of the day in amongst our usual instructor led Peloton Studio timetable.