

Class Timetable

Non-Members 45/60 minute classes €7

Non-Members 30 minute classes €5

Universal Members all classes FREE of charge

All other Members €3/€2.50 per class or *Members Free



L - 'Live' Instructor lead class
V - 'Virtual' class (big screen workout!)

Monday

| | | | |
|-------|-----------------|----|---|
| 6:30 | LM Body Combat | 30 | V |
| 7:15 | Spin & Tone* | 45 | L |
| 8:00 | LM Body Balance | 30 | V |
| 9:00 | LM CX Worx | 30 | V |
| 10:00 | H.I.I.T. | 45 | L |
| 11:00 | Active Ret Spin | 30 | L |
| 12:00 | LM CX Worx | 30 | V |
| 1:15 | LM Body Pump | 30 | L |
| 4:30 | LM Sh'Bam | 45 | V |
| 5:30 | Spinning | 30 | L |
| 6:00 | LM Body Pump | 45 | L |
| 7:00 | Spinning | 45 | L |
| 8:00 | LM Body Combat | 60 | V |

Tuesday

| | | | |
|-------|-----------------|---|----|
| 6:30 | LM CX Worx | V | 30 |
| 7:15 | Spinning* | L | 45 |
| 8:00 | LM CX Worx | V | 30 |
| 9:30 | LM Body Balance | V | 60 |
| 10:30 | LM Body Pump | L | 45 |
| 11:30 | Spinning* | L | 45 |
| 1:15 | Spinning | L | 30 |
| 2:00 | LM Body Pump | V | 45 |
| 3:00 | LM CX Worx | V | 30 |
| 6:00 | Spinning | L | 60 |
| 4:30 | Teen Spin | L | 30 |
| 7:00 | LM Body Pump | L | 45 |
| 7:15 | Aqua Fit* | L | 45 |
| 8:00 | LM CX Worx | V | 30 |
| 8:30 | LM Body Combat | V | 60 |

Wednesday

| | | | |
|-------|-----------------|---|----|
| 6:30 | LM Body Combat | V | 30 |
| 7:00 | LM Body Pump | L | 45 |
| 8:00 | LM Body Balance | V | 30 |
| 10:00 | Meet and Train | L | 45 |
| 11:00 | Spinning | L | 45 |
| 1:15 | LM Body Pump | L | 30 |
| 2:00 | LM Body Balance | V | 30 |
| 5:00 | LM Sh'Bam Kids! | V | 30 |
| 5:45 | Spinning | L | 45 |
| 6:30 | Kettlebells | L | 45 |
| 7:15 | LM Body Combat | V | 60 |
| 8:30 | LM CX Worx | V | 30 |

Thursday

| | | | |
|-------|-----------------|---|----|
| 6:30 | LM CX Worx | V | 30 |
| 7:15 | Spin and Tone | L | 45 |
| 8:00 | LM Body Combat | V | 30 |
| 9:00 | LM Body Balance | V | 30 |
| 9:30 | H.I.I.T.* | L | 45 |
| 10:25 | LM CX Worx | V | 30 |
| 11:00 | Beginner's Spin | L | 45 |
| 12:30 | LM CX Worx | V | 30 |
| 1:15 | Spinning* | L | 30 |
| 2:00 | LM Sh'Bam | V | 30 |
| 3:30 | LM Sh'Bam | V | 45 |
| 4:30 | Teen Spin | L | 30 |
| 6:00 | LM Body Pump | L | 45 |
| 7:00 | LM CX Worx | V | 30 |
| 7:30 | LM Body Combat | V | 60 |

Friday

| | | | |
|-------|------------------|---|----|
| 6:30 | LM Body Balance | V | 30 |
| 7:00 | Spinning* | L | 45 |
| 8:00 | LM CX Worx | V | 30 |
| 9:30 | Meet and Train* | L | 45 |
| 10:00 | LM Sh'Bam | V | 45 |
| 11:00 | Total Body Tone* | L | 45 |
| 1:15 | LM Body Pump | L | 30 |
| 2:15 | LM Sh'Bam | V | 30 |
| 2:50 | LM Body Combat | V | 30 |
| 3:25 | LM CX Worx | V | 30 |
| 4:00 | LM Body Combat | V | 30 |
| 5:00 | LM Sh'Bam | V | 30 |
| 5:45 | Kettlebells* | L | 45 |
| 6:30 | Spinning* | L | 30 |
| 7:00 | Body Pump | V | 60 |
| 8:00 | Body Balance | V | 60 |

Saturday

| | | | |
|-------|-----------------|---|----|
| 8:00 | LM Body Balance | V | 30 |
| 8:45 | LM Body Combat | V | 30 |
| 9:30 | LM Body Pump | V | 60 |
| 10:30 | LM CX Worx | V | 30 |
| 11:00 | Spinning | L | 30 |
| 12:00 | LM CX Worx | V | 30 |
| 12:30 | LM Sh'Bam | V | 45 |
| 1:30 | LM CX Worx | V | 30 |
| 2:00 | LM Body Combat | V | 60 |
| 3:00 | LM Body Balance | V | 60 |
| 4:00 | LM Sh'Bam | V | 30 |
| 4:30 | LM Body Balance | V | 30 |
| 5:00 | LM Body Pump | V | 45 |

Sunday

| | | | |
|-------|-----------------|---|----|
| 9:00 | LM Body Balance | V | 60 |
| 10:00 | Spinning | L | 30 |
| 11:00 | LM Body Pump | V | 60 |
| 12:00 | LM Body Combat | V | 60 |
| 2:30 | LM Sh'Bam | V | 60 |
| 5:00 | LM CX Worx | V | 30 |