

Willesden Sports Centre Phase 1 Group Exercise Timetable

1Life Instructor led Group Exercise classes - 27th July to 30th August
 (No classes Bank Holiday Sunday or Monday)

All classes for both timetables **MUST** be booked in advance at www.1life.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.15 - 08.45						BodyPump - Sharon	Bootcamp - Outdoor
09.00 - 09.45							BodyAttack - Sharon
10.30 - 11.15					Body Conditioning - Sharon		
18.15 - 19.00	Spin	Spin	Circuits - Outdoor	Circuits - Outdoor	Cardio & Core - Sharon		
19.00 - 19.45	BodyPump - Sharon	BodyPump - Sharon	BodyAttack - Sharon	BodyPump - Sharon			

Location Key

	MP Room
	Outdoor Track

1Life Virtual Group Exercise Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15 - 07.45	Les Mills - Grit	Les Mills - Sprint	Les Mills - BodyPump	Les Mills - RPM	Les Mills - Barre		
08.15 - 08.45	Les Mills - BodyBalance	Les Mills - Sh'bam	Les Mills - The Trip	Les Mills - BodyPump	Les Mills - The Trip	Les Mills - Sh'bam	Les Mills - BodyCombat
09.15 - 09.45	Les Mills - Sprint	Les Mills - BodyPump	Les Mills - Barre	Les Mills - BodyBalance	Les Mills - BodyPump	Les Mills - Grit	Les Mills - Sprint
10.15 - 10.45	Les Mills - Sh'bam	Fitbox Wellbeing Collection	Les Mills - RPM	Les Mills - BodyCombat	Fitbox Wellbeing Collection	Les Mills - The Trip	Les Mills - Barre
11.15 - 11.45	Les Mills - BodyCombat	Les Mills - The Trip	Les Mills - BodyBalance	Fitbox Wellbeing Collection	Les Mills - RPM	Les Mills - BodyBalance	Les Mills - BodyPump
12.15 - 12.45	Fitbox Wellbeing Collection	Les Mills - Barre	Les Mills - Sprint	Les Mills - Grit	Les Mills - BodyBalance	Les Mills - BodyCombat	Fitbox Wellbeing Collection
13.15 - 13.45	Les Mills - RPM	Les Mills - BodyPump	Les Mills - BodyBalance	Les Mills - Sh'bam	Les Mills - The Trip	Fitbox Wellbeing Collection	Les Mills - RPM
14.15 - 14.45	Les Mills - Barre	Les Mills - BodyBalance	Les Mills - Grit	Les Mills - Sprint	Les Mills - Barre		
15.15 - 15.45	Les Mills - BodyPump	Les Mills - The Trip	Les Mills - Sh'bam	Les Mills - BodyBalance	Les Mills - BodyBalance		
16.15 - 16.45	Les Mills - The Trip	Les Mills - Grit	Les Mills - BodyBalance	Les Mills - BodyPump	Les Mills - BodyCombat		
17.15 - 17.45	Les Mills - Grit	Les Mills - RPM	Les Mills - Barre	Les Mills - Grit	Les Mills - Sprint		
18.15 - 18.45	Les Mills - BodyAttack	Les Mills - BodyCombat	Les Mills - Grit	Les Mills - Barre	Les Mills - BodyBalance		
19.15 - 19.45	Les Mills - BodyBalance	Les Mills - BodyBalance	Les Mills - BodyCombat	Les Mills - RPM	Les Mills - Sh'bam		

Location Key

Les Mills - RPM	SPIN
Les Mills - Sprint	
Les Mills - The Trip	
Fitbox Wellbeing Collection	HOLISTIC
Les Mills - BodyBalance	
Les Mills - Grit	CIRCUIT
Les Mills - BodyPump	
Les Mills - BodyCombat	
Les Mills - BodyAttack	
Les Mills - Barre	DANCE
Les Mills - Sh'bam	