

GROUP FITNESS TIMETABLE

Scissett Baths & Fitness Centre/ September 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

STUDIO LBT 9:30am - 10:15am

STUDIO LESMILLS CORE 10:30am - 11:00am

STUDIO LESMILLS BODYBALANCE 11:10am - 12:10pm

Tuesday

STUDIO LESMILLS BODYPUMP 9:15am - 10:00am

CYCLE STUDIO Studio Cycling 10:10am - 10:55am

STUDIO LESMILLS Shapes 10:10am - 10:55am

STUDIO LESMILLS BODYBALANCE 11:05am - 11:50am

Wednesday

STUDIO Pilates 9:05am - 9:50am

CYCLE STUDIO Studio Cycling 9:30am - 10:15am

STUDIO LESMILLS BODYSTEP 10:00am - 10:45am

POOL Aqua Fit 10:10am - 10:55am

POOL Aqua Med 11:00am - 11:45am

STUDIO barre 11:00am - 11:45am

Thursday

STUDIO Aerotone 9:10am - 9:55am

STUDIO LESMILLS BODYPUMP 10:10am - 10:55am

STUDIO LESMILLS BODYBALANCE 11:05am - 11:50am

Friday

CYCLE STUDIO Studio Cycling 9:30am - 10:15am

STUDIO LESMILLS BODYCOMBAT 9:30am - 10:15am

STUDIO LESMILLS Shapes EXP 10:25am - 10:55am

POOL Aqua Med 10:30am - 11:15am

STUDIO Pilates 11:05am - 11:50am

Saturday

STUDIO LESMILLS BODYSTEP 8:15am - 9:00am

STUDIO LESMILLS BODYATTACK 9:30am - 10:15am

CYCLE STUDIO Studio Cycling 9:30am - 10:15am

STUDIO LESMILLS BODYPUMP 10:30am - 11:15am

Sunday

STUDIO Pilates 8:10am - 8:55am

STUDIO LESMILLS BODYBALANCE 9:00am - 9:45am

CYCLE STUDIO Studio Cycling 9:30am - 10:15am

STUDIO LESMILLS DANCE 9:50am - 10:35am

STUDIO LESMILLS BODYPUMP 10:45am - 11:30am

STUDIO Mature Movers 12:20pm - 1:05pm

POOL Aqua Fit 1:15pm - 2:00pm

STUDIO barre 12:40pm - 1:25pm

STUDIO Mature Movers 1:35pm - 2:20pm

STUDIO Yoga 12:00pm - 12:45pm

STUDIO Pilates 12:00pm - 12:45pm

STUDIO Chair Pilates 1:00pm - 1:45pm

STUDIO ZUMBA 12:15pm - 1:00pm

POOL Aqua Zumba 1:30pm - 2:15pm

STUDIO LBT 5:15pm - 6:00pm

STUDIO LESMILLS BODYPUMP 6:10pm - 6:55pm

CYCLE STUDIO Studio Cycling 7:00pm - 7:45pm

STUDIO Pilates 7:05pm - 7:50pm

POOL Aqua Fit 7:20pm - 8:05pm

STUDIO Pilates 5:30pm - 6:15pm

STUDIO LBT 6:25pm - 7:10pm

STUDIO Yoga 7:20pm - 8:05pm

STUDIO LESMILLS BODYCOMBAT 5:10pm - 5:55pm

STUDIO LESMILLS BODYPUMP 6:05pm - 6:50pm

STUDIO LESMILLS BODYBALANCE 7:00pm - 7:45pm

STUDIO LESMILLS BODYATTACK 5:45pm - 6:30pm

CYCLE STUDIO Studio Cycling 6:35pm - 7:20pm

STUDIO Strength Development 6:40pm - 7:25pm

STUDIO LESMILLS BODYPUMP 5:30pm - 6:15pm

STUDIO LESMILLS BODYCOMBAT 6:30pm - 7:15pm

♥ = Health Class
EXP = Express Class
🎮 = Virtual Class

