

GROUP VIRTUAL TIMETABLE

Colne Valley Leisure Centre / September 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

CYCLE STUDIO



LES MILLS *sprint*

6:45am - 7:15am

CYCLE STUDIO

ON DEMAND

8:00am - 10:00am

CYCLE STUDIO



LES MILLS *RPM*

12:00pm - 12:45pm

CYCLE STUDIO



LES MILLS THE TRIP

2:00pm - 2:45pm

CYCLE STUDIO



LES MILLS *RPM*

4:00pm - 4:50pm

STUDIO

ON DEMAND

4:30pm - 5:45pm

CYCLE STUDIO



LES MILLS *sprint*

8:10pm - 8:40pm

Tuesday

STUDIO



LES MILLS *BODYPUMP*

6:45am - 7:30am

CYCLE STUDIO



LES MILLS *RPM*

6:45am - 7:30am

CYCLE STUDIO



LES MILLS *RPM* **EXP**

8:00am - 8:30am

CYCLE STUDIO



LES MILLS THE TRIP

9:30am - 10:15am

CYCLE STUDIO



LES MILLS *sprint*

11:00am - 11:30am

CYCLE STUDIO

ON DEMAND

11:30am - 2:00pm

CYCLE STUDIO



LES MILLS *RPM*

4:00pm - 4:45pm

STUDIO

ON DEMAND

4:00pm - 5:00pm

STUDIO



LES MILLS *GRIT* | STRENGTH

5:25pm - 5:55pm

CYCLE STUDIO



LES MILLS *sprint*

6:30pm - 7:00pm

CYCLE STUDIO



LES MILLS *RPM*

7:15pm - 8:00pm

Wednesday

CYCLE STUDIO

ON DEMAND

6:45am - 8:30am

CYCLE STUDIO



LES MILLS *sprint*

9:00am - 9:30am

CYCLE STUDIO

ON DEMAND

11:00am - 1:00pm

CYCLE STUDIO



LES MILLS *sprint*

2:00pm - 2:30pm

CYCLE STUDIO



LES MILLS *RPM*

3:00pm - 3:45pm

STUDIO



LES MILLS *BODYBALANCE*

5:30pm - 6:15pm

STUDIO



LES MILLS *GRIT* | CARDIO

6:30pm - 7:00pm

STUDIO



LES MILLS *BODYCOMBAT*

7:15pm - 8:00pm

STUDIO

ON DEMAND

8:00pm - 9:30pm

Thursday

STUDIO

ON DEMAND

6:30am - 7:30am

STUDIO



LES MILLS *BODYPUMP* **EXP**

7:30am - 8:00am

STUDIO

ON DEMAND

8:00am - 9:00am

CYCLE STUDIO



LES MILLS THE TRIP

11:30am - 12:15pm

STUDIO



LES MILLS *BODYATTACK*

12:30pm - 1:15pm

CYCLE STUDIO



LES MILLS *RPM*

1:45pm - 2:30pm

CYCLE STUDIO



LES MILLS *RPM*

3:45pm - 4:30pm

STUDIO



LES MILLS *BODYPUMP*

5:00pm - 5:45pm

CYCLE STUDIO



LES MILLS *RPM*

5:30pm - 6:15pm

CYCLE STUDIO



LES MILLS *sprint*

6:45pm - 7:15pm

STUDIO

ON DEMAND

8:30pm - 9:30pm

Friday

CYCLE STUDIO



LES MILLS *sprint*

6:45am - 7:15am

STUDIO



LES MILLS *GRIT* | STRENGTH

7:00am - 7:30am

STUDIO

ON DEMAND

7:45am - 9:45am

CYCLE STUDIO



LES MILLS *sprint*

9:00am - 9:30am

CYCLE STUDIO



LES MILLS *RPM*

10:00am - 10:45am

STUDIO



LES MILLS *DANCE*

12:00pm - 12:45pm

CYCLE STUDIO



LES MILLS THE TRIP

1:30pm - 2:15pm

STUDIO



LES MILLS *BODYPUMP*

5:00pm - 5:45pm

CYCLE STUDIO



LES MILLS *sprint*

7:15pm - 7:45pm

STUDIO

ON DEMAND

7:15pm - 8:30pm

Saturday

CYCLE STUDIO



LES MILLS *RPM*

7:15am - 8:00am

STUDIO



LES MILLS *GRIT* | CARDIO

8:00am - 8:30am

CYCLE STUDIO



LES MILLS *RPM*

9:40am - 10:25am

CYCLE STUDIO



LES MILLS *sprint*

11:15am - 11:45pm

STUDIO



LES MILLS *BODYATTACK*

12:30pm - 1:15pm

STUDIO

ON DEMAND

1:30pm - 3:30pm

CYCLE STUDIO



LES MILLS *RPM* **EXP**

1:30pm - 2:00pm

Sunday

CYCLE STUDIO

ON DEMAND

8:00am - 9:00am

STUDIO



LES MILLS *GRIT* | STRENGTH

9:30am - 10:00am

CYCLE STUDIO



LES MILLS *RPM*

10:30am - 11:15am

STUDIO

ON DEMAND

10:00am - 3:30pm

CYCLE STUDIO



LES MILLS *sprint*

2:00pm - 2:30pm

CYCLE STUDIO

ON DEMAND

2:30pm - 4:30pm

 = Health Class  
**EXP** = Express Class  
 = Virtual Class

