

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT 6:15AM - 7:00AM	LES MILLS BODYPUMP 6:15AM - 7:00AM	LES MILLS BODYCOMBAT 6:15AM - 7:00AM	LES MILLS BODYPUMP 6:15AM - 7:00AM	LES MILLS BODYCOMBAT 6:15AM - 7:00AM	LES MILLS BODYPUMP 8:15AM - 9:00AM	LES MILLS BODYCOMBAT 8:15AM - 9:00AM
LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYBALANCE 7:00AM - 7:45AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYBALANCE 7:00AM - 7:45AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYCOMBAT 9:00AM - 9:30AM	LES MILLS BODYPUMP 9:00AM - 9:30AM
LES MILLS GRIT CARDIO 7:45AM - 8:15AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM	LES MILLS GRIT CARDIO 7:45AM - 8:15AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM	LES MILLS GRIT CARDIO 7:45AM - 8:15AM	barre 9:30AM - 10:00AM	LES MILLS GRIT CARDIO 9:30AM - 10:00AM
LES MILLS BODYATTACK 8:15AM - 9:00AM	LES MILLS CORE 8:15AM - 9:00AM	LES MILLS BODYATTACK 8:15AM - 9:00AM	LES MILLS CORE 8:15AM - 9:00AM	LES MILLS BODYATTACK 8:15AM - 9:00AM	LES MILLS GRIT CARDIO 10:00AM - 10:30AM	LES MILLS SH'BAM 10:00AM - 10:30AM
LES MILLS CORE 9:30AM - 10:00AM	barre 9:30AM - 10:00AM	LES MILLS CORE 9:30AM - 10:00AM	barre 9:30AM - 10:00AM	LES MILLS CORE 9:30AM - 10:00AM	LES MILLS BODYATTACK 10:30AM - 11:00AM	barre 10:30AM - 11:00AM
LES MILLS SH'BAM 10:00AM - 10:30AM	LES MILLS GRIT CARDIO 10:00AM - 10:30AM	LES MILLS SH'BAM 10:00AM - 10:30AM	LES MILLS GRIT CARDIO 10:00AM - 10:30AM	LES MILLS SH'BAM 10:00AM - 10:30AM	LES MILLS BODYPUMP 11:30AM - 12:00PM	LES MILLS BODYATTACK 11:30AM - 12:00PM
LES MILLS GRIT STRENGTH 10:30AM - 11:00AM	LES MILLS SH'BAM 10:30AM - 11:15AM	LES MILLS GRIT STRENGTH 10:30AM - 11:00AM	LES MILLS SH'BAM 10:30AM - 11:15AM	LES MILLS GRIT STRENGTH 10:30AM - 11:00AM	LES MILLS BODYCOMBAT 12:00PM - 12:30PM	LES MILLS BODYPUMP 12:00PM - 12:30PM
barre 11:00AM - 11:30AM	LES MILLS BODYPUMP 11:15AM - 11:45AM	barre 11:00AM - 11:30AM	LES MILLS BODYPUMP 11:15AM - 11:45AM	barre 11:00AM - 11:30AM	LES MILLS GRIT CARDIO 12:30PM - 1:00PM	LES MILLS CORE 12:30PM - 1:00PM
LES MILLS BODYBALANCE 11:30AM - 12:00PM	LES MILLS BODYATTACK 11:45AM - 12:30PM	LES MILLS BODYBALANCE 11:30AM - 12:00PM	LES MILLS BODYATTACK 11:45AM - 12:30PM	LES MILLS BODYBALANCE 11:30AM - 12:00PM	LES MILLS CORE 1:00PM - 1:30PM	LES MILLS GRIT STRENGTH 1:00PM - 1:30PM
LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS CORE 12:30PM - 1:00PM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS CORE 12:30PM - 1:00PM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS SH'BAM 1:30PM - 2:00PM	LES MILLS BODYBALANCE 1:30PM - 2:00PM
LES MILLS GRIT CARDIO 12:45PM - 1:15PM	LES MILLS GRIT STRENGTH 1:00PM - 1:30PM	LES MILLS GRIT CARDIO 12:45PM - 1:15PM	LES MILLS GRIT STRENGTH 1:00PM - 1:30PM	LES MILLS GRIT CARDIO 12:45PM - 1:15PM	LES MILLS BODYBALANCE 2:00PM - 2:30PM	LES MILLS SH'BAM 2:00PM - 2:30PM
LES MILLS BODYCOMBAT 1:15PM - 1:45PM	LES MILLS BODYCOMBAT 1:30PM - 2:15PM	LES MILLS BODYCOMBAT 1:15PM - 1:45PM	LES MILLS BODYCOMBAT 1:30PM - 2:15PM	LES MILLS BODYCOMBAT 1:15PM - 1:45PM	LES MILLS BODYATTACK 2:30PM - 3:00PM	LES MILLS BODYATTACK 2:30PM - 3:00PM
LES MILLS CORE 1:45PM - 2:15PM	LES MILLS BODYBALANCE 2:15PM - 3:00PM	LES MILLS CORE 1:45PM - 2:15PM	LES MILLS BODYBALANCE 2:15PM - 3:00PM	LES MILLS CORE 1:45PM - 2:15PM	LES MILLS BODYPUMP 3:00PM - 3:30PM	LES MILLS BODYATTACK 3:00PM - 3:30PM
LES MILLS BODYATTACK 2:15PM - 3:00PM	LES MILLS BODYPUMP 3:00PM - 3:45PM	LES MILLS BODYATTACK 2:15PM - 3:00PM	LES MILLS BODYPUMP 3:00PM - 3:45PM	LES MILLS BODYATTACK 2:15PM - 3:00PM	LES MILLS BODYCOMBAT 3:30PM - 4:00PM	barre 3:30PM - 4:00PM
LES MILLS SH'BAM 3:00PM - 3:45PM	LES MILLS SH'BAM 3:45PM - 4:30PM	LES MILLS SH'BAM 3:00PM - 3:45PM	LES MILLS SH'BAM 3:45PM - 4:30PM	LES MILLS SH'BAM 3:00PM - 3:45PM	barre 4:00PM - 4:30PM	LES MILLS BODYCOMBAT 4:00PM - 4:30PM
LES MILLS BODYBALANCE 3:45PM - 4:30PM	LES MILLS BODYATTACK 5:00PM - 5:30PM	LES MILLS BODYBALANCE 3:45PM - 4:30PM	LES MILLS BODYATTACK 5:00PM - 5:30PM	LES MILLS BODYBALANCE 3:45PM - 4:30PM	LES MILLS CORE 4:30PM - 5:00PM	LES MILLS BODYPUMP 4:30PM - 5:00PM
LES MILLS BODYPUMP 5:00PM - 5:30PM	LES MILLS BODYCOMBAT 5:30PM - 6:00PM	LES MILLS BODYPUMP 5:00PM - 5:30PM	LES MILLS BODYCOMBAT 5:30PM - 6:00PM	LES MILLS BODYPUMP 5:00PM - 5:30PM	LES MILLS BODYPUMP 5:00PM - 5:30PM	LES MILLS CORE 5:00PM - 5:30PM

LES MILLS
BODYATTACK

5:30PM - 6:00PM

LES MILLS
BODYCOMBAT

6:00PM - 6:30PM

LES MILLS | **GRIT** | ATHLETIC

6:30PM - 7:00PM

LES MILLS
BODYPUMP

7:00PM - 7:30PM

LES MILLS
SH'BAM

7:30PM - 8:00PM

LES MILLS
barre

8:00PM - 8:30PM

LES MILLS
CORE

8:30PM - 9:00PM

LES MILLS
BODYBALANCE

9:00PM - 9:45PM

LES MILLS
BODYPUMP

6:00PM - 6:30PM

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barre

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LES MILLS
SH'BAM

8:00PM - 8:30PM

LES MILLS
CORE

8:30PM - 9:00PM

LES MILLS
BODYBALANCE

9:00PM - 9:45PM



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.



Fun-loving and insanely addictive dance workout. No dance experience required!



Fun-loving and insanely addictive dance workout. No dance experience required!

Clever Fit Kotva Group Exercise Timetable