

Student Health & Wellbeing

Timetable 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA			LES MILLS BODYBALANCE		
6.00am	metafit. HIIT TRAINING & CORE			metafit. HIIT TRAINING			
8.10am						LES MILLS BODYCOMBAT	ZUMBA FINEST
9.10am						LES MILLS BODYATTACK	
10.15am						LES MILLS BODYSTEP	LES MILLS BODYCOMBAT
3.30pm		HIGH SCHOOL RELENTLESS.					
4.00pm		HIGH SCHOOL RELENTLESS.		HIGH SCHOOL RELENTLESS.			
5.30pm	LES MILLS RPM	LES MILLS BODYSTEP	LES MILLS RPM	tone	YOGA		
6.15pm	YOGA	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	PILATES			
7.15pm	LES MILLS BODYSTEP	ZUMBA FINEST		LES MILLS BODYSTEP			
8.15pm	LES MILLS BODYBALANCE			LES MILLS BODYBALANCE			
8.20pm			YOGA	ZUMBA FINEST			

Timetable subject to change. ** Students must present their student ID with their visit pass for each entry  Indicates a 45min class

KEY  Duration  Intensity  Cardio  Strength  Wellbeing

**LES MILLS
BODYATTACK**   
Sports-inspired cardio workout

**LES MILLS
BODYBALANCE**   
Yoga based wellness class

**LES MILLS
BODYCOMBAT**   
High-energy martial arts workout

**LES MILLS
BODYSTEP**   
Energising step workout

**HIGH SCHOOL
RELENTLESS.**   
TRX, body weight circuit, functional movements and more

**metafit.
HIIT TRAINING**   
Bodyweight HIIT training

PILATES   
Core and conditioning class

**LES MILLS
RPM**   
Cycling workout

tone   
Cardio, core and resistance class

YOGA   
The practice of yoga postures

**ZUMBA
FINEST**   
Dance-fitness party