



Holistic Class Schedule

THE LENSBURY

Monday			Friday		
Morning Flow	Louisa	07:45 – 08:30	Pilates	Zoe	08:45 – 09:30
Pilates	Kirsty	08:45 – 09:30	Athletic Pilates	Lyn	09:45 – 10:30
Pilates	Lyn	09:45 – 10:30	BODYBALANCE	Lyn	10:45 – 11:30
BODYBALANCE	Kate G	10:45 – 11:30	Ashtanga Yoga	Stephen	11:45 – 12:30
Pilates	Kate G	11:45 – 12:30	Pilates	Kate G	12:45 – 13:30
BODYBALANCE	Lyn	12:45 – 13:30	Beginners Pilates	Kate G	13:45 – 14:30
Hatha Yoga	Barbara	13:45 – 14:30	Young Yogi's	Michelle H	16:30 – 17:15
Time 2 Move	Vanessa	14:45 – 15:30	Teen Yoga	Michelle H	17:30 – 18:15
Tai - Chi	Tove	16:45 – 17:30	Candlelit Yin Yoga	Michelle H	18:30 – 19:30
Hatha Yoga	Garry	18:45 – 20:15	Saturday		
Pilates	Gill	20:30 – 21:15	Pilates	Gill	08:45 – 09:30
Tuesday			BODYBALANCE	Lisa H	09:45 – 10:30
Hatha Flow	Edina	06:45 – 07:30	BODYBALANCE	Lisa H	10:45 – 11:30
Pilates	Kate	07:45 – 08:30	Modified Ashtanga Yoga	Louisa	11:45 – 12:30
BODYBALANCE	Zoe	08:45 – 09:45	Pilates	Paola	12:45 – 13:30
Vinyasa Yoga	Sarah MA	09:45 – 10:30	Vinyasa Yoga	Paola	13:45 – 14:30
Vinyasa Fusion	Darren	10:45 – 12:15	Mindful Yoga	Edina	14:45 – 15:30
Pilates	Vanessa	12:45 – 13:30	Sunday		
BODYBALANCE	Rachel	13:45 – 14:30	Pilates	Zoe	08:45 – 09:30
Pilates	Kirsty	14:45 – 15:30	Pilates	Gill	09:45 – 10:30
Back to Fitness	Margaret	16:45 – 17:30	Vinyasa Yoga	Alva	10:45 – 12:15
Beginners Pilates	Gill	17:45 – 18:30	Ballet Barre	Caroline G	12:45 – 13:30
Vinyasa Yoga	Michelle	18:45 – 19:30	BODYBALANCE	Caroline G	16:45 – 17:30
Pilates	Zoe	19:45 – 20:30	Hatha Yoga	Linda	18:45 – 19:30
Wednesday					
Hatha Fusion	Zoe	08:45 – 09:30			
BODYBALANCE	Zoe	09:45 – 10:30			
Pilates	Vanessa	10:45 – 11:30			
Health for Life	Margaret	11:45 – 12:30			
Vinyasa Yoga	Kate M	12:45 – 13:30			
Dynamic Yoga	Kate M	13:45 – 14:30			
Hatha Yoga	Edina	14:45 – 15:30			
BODYBALANCE	Rachel	17:45 – 18:30			
Pilates	Gill	18:45 – 19:30			
Pilates	Gill	19:45 – 20:30			
Thursday					
Sunrise Yoga	Paola	07:45 – 09:15			
Hatha Yoga	Alva	09:45 – 11:15			
Pilates	Lyn	11:45 – 12:30			
BODYBALANCE	Sarah MA	12:45 – 13:30			
Meditation & Relax	Barbara	13:45 – 14:30			
Pilates	Gill	14:45 – 15:30			
Restorative Pilates	Sarah M	17:45 – 18:30			
Pilates	Sarah M	18:45 – 19:30			

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Please ensure you bring a mat and water with you to your class.



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Hi-Energy Class Schedule

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Monday			Thursday		
Outdoor Rig Class	Fitness Team	06:30 – 07:15	BODYPUMP	Kirsty	06:30 – 07:15
BODYCOMBAT	Caroline S	08:30 – 09:15	Body Conditioning (OUTDOORS)	Jos	08:30 – 09:15
LAPZ (Outdoors)	Julia	09:15 – 10:00	Fit HIIT (NEW)	Leon	08:45 – 09:15
BODYPUMP	Zoe	09:30 – 10:15	Step	Jos	09:30 – 10:15
CORE (Les Mills)	Lisa H	10:45 – 11:15	BODYCOMBAT	Honor	10:30 – 11:15
Cardio Tone (OUTDOORS)	Jos	11:30 – 12:15	Zumba (OUTDOORS)	Emma	11:30 – 12:15
Active HIIT (NEW)	Leon	11:45 – 12:15	Lean HIIT (NEW)	Leon	11:45 – 12:15
Ballet Fusion	Sarah MA	12:30 – 13:15	KONGA®	Emma	12:30 – 13:15
BODYPUMP	Sarah MA	13:30 – 14:15	BODYPUMP	Christine	18:30 – 19:15
Aerobics (OUTDOORS)	Anne	18:30 – 19:15	CORE (Les Mills)	Christine	19:30 – 20:00
BODYPUMP (NEW)	Fitness Team	18:30 – 19:15	Friday		
Fight Camp	Hamid	19:30 – 20:15	Functional Blast	Fitness Team	06:30 – 07:00
Tuesday			Functional Core Drills	Fitness Team	07:00 – 07:30
Bootcamp	Fitness Team	06:30 – 07:15	Cardio Tone	Jos	08:30 – 09:15
Cardio Tone (OUTDOORS)	Jos	08:30 – 09:15	BODYPUMP	Jos	09:30 – 10:15
BODYPUMP (NEW)	Fitness Team	08:30 – 09:15	BODYATTACK (OUTDOORS)	Rachel	10:30 – 11:15
Body Conditioning (OUTDOORS)	Jos	09:30 – 10:15	Dynamic Sculpt	Emma	11:30 – 12:15
Fit HIIT (NEW)	Leon	09:45 – 10:15	Dance Motivation	Pauline	12:30 – 13:15
BODYATTACK	Rachel	10:30 – 11:15	Saturday		
Zumba (OUTDOORS)	Diego	11:30 – 12:15	BODYPUMP	Lyn	07:30 – 08:15
BODYPUMP	Honor	12:30 – 13:15	BODYPUMP	Lara	08:30 – 09:15
CORE (Les Mills)	Joanne	18:30 – 19:00	Outdoor Bootcamp	Julia	09:00 – 10:00
BODYPUMP	Joanne	19:15 – 20:00	Zumba (OUTDOORS)	Emma	09:30 – 10:15
Wednesday			Outdoor Bootcamp	Julia	10:15 – 11:15
Functional Blast	Fitness Team	06:30 – 07:00	BODYPUMP	Joanne	10:30 – 11:15
Functional Core Drills	Fitness Team	07:00 – 07:30	CORE (Les Mills) (OUTDOORS)	Lisa H	11:45 – 12:30
Hi Energy	Anne	08:30 – 09:15	Sunday		
BODYPUMP	Lyn	09:30 – 10:15	Outdoor Rig Class	Fitness Team	08:00 – 08:45
LBT (OUTDOORS)	Anne	10:30 – 11:15	BODYPUMP	Joanne	09:30 – 10:15
Lean HIIT (NEW)	Leon	10:45 – 11:15	BODYATTACK	Rachel	10:30 – 11:15
Top to Toe (OUTDOORS)	Anne	11:30 – 12:15	Freestyle Pump	Dan	17:30 – 18:15
Active HIIT (NEW)	Leon	11:45 – 12:15	Movement & Mobility	Dan	18:30 – 19:15
CORE (Les Mills)	Lisa H	12:30 – 13:15			
Dance Motivation	Pauline	13:30 – 19:15			
BODYPUMP	Patrick	14:30 – 15:15			
Zumba	Perry	18:30 – 19:15			
Outdoor Rig Class	Fitness Team	19:00 – 19:45			
Fight Camp	Hamid	19:45 – 20:15			



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Cycle Studio Class Schedule

Monday			Friday		
Studio Cycling	Sarah MA	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Chris	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Patrick	18:45 – 19:30	Studio Cycling	Elsa	17:45 – 18:30
Studio Cycling	Lisa H	19:45 – 20:30	Saturday		
Tuesday			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Susanna	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Susanna	11:45 – 12:30	Studio Cycling	Rachel	09:45 – 10:30
Studio Cycling	Lara	18:45 – 19:30	Studio Cycling	Rachel	10:45 – 11:30
Wednesday			Sunday		
Studio Cycling	Petra	06:45 – 07:30	Studio Cycling	Chris	08:45 – 09:30
Studio Cycling	Elsa	09:45 – 10:30	Studio Cycling	Chris	09:45 – 10:30
Studio Cycling	Hamid	18:45 – 19:30	Studio Cycling	Karen	17:45 – 18:30
Thursday					
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Patrick	11:45 – 12:30			
Studio Cycling	Rachel	17:45 – 18:30			
Studio Cycling	Rachel	18:45 – 19:30			



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Aqua Class Schedule

Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gabor	10:00 – 11:00
Wednesday		
Aqua	Petra	10:00 – 11:00
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Gabor	10:00 – 10:45
Aqua	Gabor	11:00 – 11:45

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Junior Class Schedule

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Monday			Friday		
Junior Multi Sports (4 – 6 year olds)	Junior Activities Team	16:30 – 17:15	Junior Dodgeball (4 – 6 years old)	Junior Activities Team	16:30 – 17:15
Kore Kids Football (6 – 8 year olds)	Fitness Team	16:30 – 17:00	Kore Kids Football (6 – 8 year olds)	Fitness Team	16:30 – 17:00
Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45	Young Yogi's (8 – 11 year olds)	Michelle Hart	16:30 – 17:15 (Term time only)
Teen Strength (13+)	Fitness Team	18:00 – 18:30	Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45
Tuesday			Saturday		
Junior Scooter Training (4 – 6 years olds)	Junior Activities Team	16:30 – 17:15	Teen Yoga (12 – 15 year olds)	Michelle Hart	17:30 – 18:15 (term time only)
Junior Touch Rugby Games (9 – 13 years olds)	Fitness Team	16:30 – 17:00	Teen Strength (13+)	Fitness Team	18:00 – 18:30
Junior Bootcamp (13 – 15 year olds)	Fitness Team	17:00 – 17:45	Sunday		
Teen Strength (13 +)	Fitness Team	18:00 – 18:30	Family Bootcamp (8+)	Fitness Team	11:00 – 11:45
Wednesday			Teen Strength (13+)	Fitness Team	13:15 – 13:45
Junior Arts & Crafts (4 – 6 years olds)	Junior Activities Team	16:30 – 17:15	Teen Strength (13+)	Fitness Team	16:15 – 16:45
Junior Cycle Blast (8 – 15 year olds)	Fitness Team	16:30 – 17:00			
Strong Kids (10 – 15 year olds)	Fitness Team	17:00 – 17:45			
Teen Strength (13+)	Fitness Team	18:00 – 18:30			
Thursday					
Junior Multi Sports (4 – 6 years olds)	Junior Activities Team	16:30 – 17:15			
Junior Cycle Blast (8 – 15 year olds)	Fitness Team	16:30 – 17:00			
Basketball Games (9 – 13 year olds)	Fitness Team	17:15 – 17:45			
Teen Strength (13+)	Fitness Team	18:00 – 18:30			

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