

# VIRTUAL CLASS TIMETABLE

	TIME	ACTIVITY	STUDIO
<b>MON</b>	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Body Attack	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:00 - 18:45	Body Pump	Studio 4
	19:00 - 19:30	Core	Studio 4
20:00 - 20:45	Body Balance	Studio 4	
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	
<b>TUES</b>	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:15 - 08:45	Sprint	Studio 1
	12:00 - 12:30	Sprint	Studio 1
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Grit (Cardio)	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	20:15 - 21:05	RPM	Studio 1
	21:15 - 22:00	The Trip	Studio 1

	TIME	ACTIVITY	STUDIO
<b>WEDS</b>	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:00 - 08:30	Sprint	Studio 1
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Combat	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:05 - 18:50	LesMills Dance	Studio 4
19:05 - 19:50	Core	Studio 4	
20:05 - 20:50	Body Balance	Studio 4	
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	
<b>THUR</b>	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:00 - 08:30	Sprint	Studio 1
	09:00 - 09:45	Body Pump	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Body Balance	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
18:00 - 18:45	LesMills Dance	Studio 4	
19:00 - 19:45	Combat	Studio 4	
20:00 - 20:45	Body Balance	Studio 4	
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	

## Did you know?

If you can't attend your favourite instructor led class, our virtual classes are all 'on demand' so you don't miss out. Simply speak to one of the Kings team, and if the studio is free, we will put your session on for you. For our Family Classes, the adults pay and the children go free.

	TIME	ACTIVITY	STUDIO
<b>FRI</b>	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	10:35 - 11:20	Body Balance	Studio 4
	11:35 - 12:05	Body Balance	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Combat	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	LesMills Dance	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
<b>SAT</b>	08:05 - 08:35	Sprint	Studio 1
	08:50 - 09:20	Body Balance	Studio 4
	09:25 - 09:55	Family Fitness	Studio 4
	10:00 - 10:30	Sprint	Studio 1
	10:00 - 10:30	Family Fitness	Studio 4
	10:35 - 11:05	Sprint	Studio 1
	10:35 - 11:05	Family Fitness	Studio 4
	11:10 - 11:40	Sprint	Studio 1
	11:10 - 11:40	Les Mills Dance	Studio 4
	16:00 - 16:45	RPM	Studio 1
	17:00 - 17:45	Core	Studio 4

	TIME	ACTIVITY	STUDIO
<b>SUN</b>	08:05 - 08:35	Sprint	Studio 1
	09:05 - 09:35	Body Balance	Studio 4
	10:05 - 10:35	Sprint	Studio 1
	10:05 - 10:35	Core	Studio 4
	11:05 - 11:50	Family Fitness	Studio 4
	12:00 - 12:50	The Trip	Studio 1
	16:00 - 16:50	The Trip	Studio 4
	16:00 - 16:50	Core	Studio 4
17:00 - 17:45	Body Balance	Studio 4	

## What is a virtual class?

Our Virtual classes are cinematic quality versions of Les Mills live world leading fitness programmes. From Barre & Balance to Combat & Sh'Bam, you'll be highly motivated, inspired by great music and taught by some of the best instructors on the planet!

## How do we book a virtual class?

- Once you have become a member you will be given online login details to access our members booking lounge.
- Our booking lounge can be found on our website
- Once logged in you will be able to book in for any of our 174 fitness classes per week. (subject to change)
- Classes operate on a first come served basis. We advise you book classes to guarantee a space. Where possible, this enables us to communicate any changes.