John Smeaton Leisure Centre

Virtual Fitness Class Timetable

Commencing September 2026

Monday – Virtual Fitness Classes	
Time	Class
06.00 - 06.30	Sprint
06.30 - 07.00	Grit Cardio
07.00 - 07.30	Sprint
07.15 - 08.00	Body Combat
08.00 - 08.45	RPM
09.30 - 10.15	RPM
12.15 - 12.45	RPM
14.15 - 15.05	RPM
15.45 - 16.30	RPM
16.00 - 16.45	Body Balance
17.00 - 17.30	Sprint
18.00 - 18.50	Trip
19.00 - 19.45	RPM

Tuesday – Virtual Fitness Classes	
Time	Class
06.00 - 06.30	Sprint
06.30 - 07.15	Body Attack
07.00 - 07.30	Sprint
07.30 - 08.00	Les Mills Core
08.00 - 08.45	RPM
09.15 - 09.45	Sprint
09.15 - 10.00	Les Mills Dance
11.30 - 12.00	Sprint
12.00 - 12.30	Grit Cardio
12.30 - 13.20	Trip
15.45 - 16.30	RPM
16.00 - 16.45	Les Mills Dance
18.15 - 18.45	Sprint
20.00 - 20.30	Sprint
20.15 - 21.00	Body Attack

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Wednesday – Virtual Fitness Classes	
Time	Class
06.00 - 06.30	Sprint
06.30 - 07.15	Les Mills Dance
07.00 - 07.30	Sprint
07.30 - 08.15	Body Balance
08.00 - 08.45	RPM
09.15 - 10.00	Trip
09.30 - 10.15	Body Attack
12.30 - 13.15	Trip
13.45 - 14.15	Sprint
14.45 - 15.15	RPM
15.45 - 16.30	RPM
16.30 - 17.00	Grit Cardio
17.00 - 17.30	Sprint
19.00 - 19.45	Trip
20.00 - 20.30	Sprint
20.15 - 21.00	Les Mills Dance

Thursday – Virtual Fitness Classes	
Time	Class
06.00 - 06.30	Sprint
06.30 - 07.00	Grit Cardio
07.00 - 07.30	Sprint
07.15 - 08.00	Body Combat
08.00 - 08.45	RPM
09.15 - 09.45	Sprint
11.30 - 12.20	RPM
12.30 - 13.00	Sprint
14.00 - 14.45	Trip
15.00 - 15.45	Body Combat
15.45 - 16.30	RPM
16.00 - 16.30	Grit Cardio
17.00 - 17.45	RPM
18.00 - 18.45	Cycling
19.00 - 19.45	RPM
19.00 - 19.45	Body Combat
20.00 - 20.30	Sprint
20.00 - 20.45	Body Attack

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Commencing September 2026

Friday – Virtual Fitness Classes	
Time	Class
06.00 - 06.30	Sprint
06.30 - 07.15	Les Mills Dance
07.00 - 07.30	Sprint
07.30 - 08.15	Body Balance
08.00 - 08.45	RPM
09.15 - 09.45	Sprint
09.30 - 10.00	Les Mills Core
10.15 - 11.00	Trip
11.30 - 12.00	Sprint
12.30 - 13.20	RPM
15.45 - 16.30	RPM
16.00 - 16.45	Body Balance
17.00 - 17.30	Sprint
17.15 - 18.00	Les Mills Core
18.00 - 18.45	RPM
18.30 - 19.15	Body Combat
19.00 - 19.45	Trip
20.00 - 20.30	Sprint

Saturday – Virtual Fitness Classes	
Time	Class
10.15 - 10.45	Sprint
11.00 - 11.30	Les Mills Core
11.15 - 12.00	RPM
12.00 - 12.30	Grit Cardio
12.30 - 13.00	Sprint
13.30 - 14.15	RPM
14.45 - 15.00	Sprint
15.45 - 16.30	Trip

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Commencing September 2026

Sunday – Virtual Fitness Classes	
Time	Class
08.00 - 08.30	Sprint
08.30 - 09.15	Les Mills Dance
09.30 - 10.15	Body Balance
10.30 - 11.15	Body Combat
11.15 - 12.00	RPM
12.30 - 13.00	Sprint
13.30 - 14.15	Trip
14.45 - 15.00	Sprint
15.45 - 16.30	RPM