

## Monday

08:15 - 09:00	LES MILLS THE TRIP	Spin Studio	V
09:15 - 10:00	LES MILLS RPM	Spin Studio	V
09:30 - 10:30	BOOT CAMP	Studio	L
10:15 - 11:00	LES MILLS BODY ATTACK	Spin Studio	V
10:30 - 11:30	INFUSION	Studio	L
12:15 - 12:45	LES MILLS BODY COMBAT	Spin Studio	V
13:00 - 13:30	LES MILLS CORE	Spin Studio	V
14:15 - 15:00	LES MILLS CORE	Spin Studio	V
15:30 - 16:00	LES MILLS BORN TO MOVE (4-5yrs)	Spin Studio	V
16:15 - 17:00	LES MILLS RPM	Spin Studio	V
17:15 - 18:00	LES MILLS RPM	Spin Studio	V
17:15 - 18:00	STEP AND TONE	Studio	L
18:15 - 19:00	LES MILLS THE TRIP	Spin Studio	V
18:15 - 19:00	BODY CONDITIONING	Studio	L
19:15 - 19:45	LES MILLS SPRINT	Spin Studio	V
20:00 - 20:30	LES MILLS BARRE	Spin Studio	V

## Tuesday

08:15 - 08:45	LES MILLS RPM	Spin Studio	V
09:15 - 09:45	LES MILLS BARRE	Spin Studio	V
09:30 - 10:30	STEP AND TONE	Studio	L
10:30 - 11:15	LES MILLS BODY COMBAT	Spin Studio	V
12:15 - 12:45	LES MILLS GRIT ATHLETIC	Spin Studio	V
13:00 - 13:30	LES MILLS GRIT CARDIO	Spin Studio	V
14:15 - 15:00	LES MILLS CORE	Spin Studio	V
15:30 - 16:00	LES MILLS BORN TO MOVE (6-7yrs)	Spin Studio	V
16:15 - 17:00	LES MILLS RPM	Spin Studio	V
17:15 - 17:45	LES MILLS SPRINT	Spin Studio	V
18:15 - 19:00	LES MILLS THE TRIP	Spin Studio	V
18:15 - 19:00	LEGS, BUMS TUMS	Studio	L
19:15 - 20:00	LES MILLS BODY PUMP	Spin Studio	V
19:15 - 20:00	YOGA	Studio	L
20:15 - 20:45	LES MILLS CORE	Spin Studio	V

## Wednesday

08:15 - 09:00	LES MILLS RPM	Spin Studio	V
09:30 - 10:00	LES MILLS GRIT ATHLETIC	Spin Studio	V
10:15 - 10:45	LES MILLS SH'BAM	Spin Studio	V
10:45 - 11:45	YOGA	Studio	L
12:15 - 12:45	LES MILLS SPRINT	Spin Studio	V
13:00 - 13:30	LES MILLS BODY BALANCE	Spin Studio	V
14:15 - 15:00	LES MILLS CORE	Spin Studio	V
15:30 - 16:00	LES MILLS BORN TO MOVE (8-12yrs)	Spin Studio	V
16:15 - 17:00	LES MILLS THE TRIP	Spin Studio	V
17:15 - 18:00	LES MILLS RPM	Spin Studio	V
18:00 - 19:00	LES MILLS BODY COMBAT	Studio	L
18:30 - 19:00	LES MILLS SPRINT	Spin Studio	V
19:00 - 20:00	LES MILLS BODY PUMP	Studio	L
19:15 - 19:45	LES MILLS RPM	Spin Studio	V
20:00 - 20:30	LES MILLS BODY BALANCE	Spin Studio	V

## Thursday

08:15 - 09:00	LES MILLS SH'BAM	Spin Studio	V
09:15 - 10:00	LES MILLS THE TRIP	Spin Studio	V
09:30 - 10:30	ABS N TONE	Studio	L
10:45 - 11:30	LES MILLS BODY ATTACK	Spin Studio	V
12:00 - 12:45	LES MILLS THE TRIP	Spin Studio	V
13:00 - 13:30	LES MILLS SPRINT	Spin Studio	V
14:15 - 15:00	LES MILLS TRIP	Spin Studio	V
15:30 - 16:00	LES MILLS BORN TO MOVE (13-16yrs)	Spin Studio	V
16:15 - 17:00	LES MILLS RPM	Spin Studio	V
17:15 - 18:00	LES MILLS BODY COMBAT	Spin Studio	V
18:15 - 19:00	LES MILLS BODY ATTACK	Spin Studio	V
18:15 - 19:00	LEGS, BUMS TUMS	Studio	L
19:15 - 20:00	LES MILLS BODY COMBAT	Spin Studio	V
20:15 - 20:45	LES MILLS BODY BALANCE	Spin Studio	V

## Friday

08:15 - 09:00	LES MILLS RPM	Spin Studio	V
09:15 - 09:45	LES MILLS SPRINT	Spin Studio	V
10:15 - 11:00	LES MILLS BODY PUMP	Spin Studio	V
11:15 - 12:15	PILATES	Studio	L
12:15 - 12:45	LES MILLS RPM	Spin Studio	V
13:00 - 13:45	LES MILLS THE TRIP	Spin Studio	V
14:15 - 14:45	LES MILLS GRIT ATHLETIC	Spin Studio	V
15:30 - 16:00	LES MILLS BORN TO MOVE (8-12yrs)	Spin Studio	V
16:15 - 17:00	LES MILLS RPM	Spin Studio	V
17:15 - 18:00	LES MILLS RPM	Spin Studio	V
18:30 - 19:00	LES MILLS GRIT ATHLETIC	Spin Studio	V
19:15 - 20:00	LES MILLS SH'BAM	Spin Studio	V

## Saturday

09:00 - 09:45	BODY CONDITIONING	Studio	L
09:15 - 10:00	LES MILLS RPM	Spin Studio	V
10:15 - 11:00	LES MILLS BODY BALANCE	Spin Studio	V
11:15 - 11:45	LES MILLS GRIT CARDIO	Spin Studio	V
12:00 - 12:45	LES MILLS THE TRIP	Spin Studio	V
13:15 - 14:00	LES MILLS RPM	Spin Studio	V
14:15 - 14:45	LES MILLS SPRINT	Spin Studio	V
15:00 - 15:45	LES MILLS CORE	Spin Studio	V

## Sunday

09:15 - 10:00	LES MILLS BODY COMBAT	Spin Studio	V
10:15 - 11:00	LES MILLS BODY ATTACK	Spin Studio	V
11:15 - 12:00	LES MILLS CORE	Spin Studio	V
13:15 - 14:00	LES MILLS THE TRIP	Spin Studio	V
14:15 - 14:45	LES MILLS RPM	Spin Studio	V

### Les Mills Barre

Les Mills BARRE is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

### Les Mills Body Attack

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. An instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement

### Les Mills Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

### Les Mills Body Combat

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed.

### Les Mills Body Pump

These techniques build a strong body from which one can transition into more advanced stages, including a diversity of coordination and modifications to suit a range of difficulties, from beginner to advanced.

### Les Mills Born to Move

Featuring music and moves for kids and teens, BORN TO MOVE combines fun and fitness in way that children love. Each virtual session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it.

### Les Mills Core

Inspired by elite athletic training principles, this scientific core workout drives incredible core strength and sports performance. If you want to run faster, move quicker, and become better at everything you do, LES MILLS CORE will help make it happen

### Les Mills Grit Cardio

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

### Les Mills Grit Athletic

LES MILLS GRIT™ Athletic is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

### Les Mills RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your virtual Les Mills instructor takes you on a journey of hill climbs, sprints and flat riding.

### Les Mills Sh'bam

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

### Les Mills Sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training workout with a virtual Les Mills instructor, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

### Les Mills The Trip

THE TRIP™ is a full workout experience that combines a multi-peak cycling workout with a journey through digitally created worlds.

### Abs N Tone

A fun packed class designed to tone, build and strengthen the abdominal muscles. Using various skills and techniques to target the core muscles; including floor routines, full legs, glutes, quads, calf strengthen moves for all levels to try.

### Body Conditioning

Body conditioning is exercise that develops well-rounded and full-body physical fitness to improve the condition of the body. Those looking to increase their strength, tone up, increase their heart rate, and generally get fitter would benefit from this fantastic conditioning class.

### Bootcamp

Boot camp exercise classes offer the perfect opportunity for you to increase your strength and all-round fitness in a group-based, military-style setting. The classes are designed to work you hard in a disciplined but enjoyable way. The exercises range from bodyweight focused movements to slam ball routines and even skipping. This means you will get your heart pumping and your muscles burning all in one class.

### Infusion

This class includes functional strength, mobility & stability-building moves that help with movement to ready your body for everyday activity...Pushing, pulling, squatting, lunging, core strength, & Yoga are incorporated into this Functional Fitness class.

### Legs Bums & Tums

The Legs Bums & Tums class is an excellent all-round session where you will step, lunge and squat your way to the perfect legs, bum and tummy you've always wanted.

### Step and Tone

Step & Tone is an easy-to-follow aerobic workout using a step to increase heart rate and improve cardiovascular health whilst conditioning the whole body! A step-up routine involves simple movements that follow the beat of the music while combining conditioning exercises to get a total body burn using just your bodyweight and a step.

### Pilates

The mat-based Pilates class improves core stability, flexibility, mobility, postural alignment can also help with weight loss, toning, injury recovery and is ideal for clients with back pain. Suitable for all ages and fitness levels.

### Yoga

Yoga is an ancient practice that originated in India and has gained popularity worldwide due to its numerous health benefits and ability to promote relaxation and well-being. It involves a combination of physical postures, breathing exercises, and meditation techniques.

# LES MILLS