

## Monday

06.15 - 07.00	LES MILLS RPM	Studio	V
07.15 - 08.00	LES MILLS RPM	Studio	V
08.30 - 9.30	BOOT CAMP	Studio	L
09.45 - 10.30	CHAIR BASED PILATES	Studio	L
10.45 - 11.45	INFUSION	Studio	L
12.00 - 12.30	LES MILLS SPRINT	Studio	V
13.00 - 13.30	LES MILLS CORE	Studio	V
13.45 - 14.15	LES MILLS BARRE	Studio	V
14.45 - 15.15	LES MILLS GRIT CARDIO	Studio	V
15.45 - 16.15	LES MILLS BORN TO MOVE (4-5yrs)	Studio	V
16.30 - 17.15	LES MILLS RPM	Studio	V
17.15 - 18.00	STEP & TONE	Studio	L
18.15 - 19.00	BODY CONDITIONING	Studio	L
19.15 - 20.00	YOGA	Studio	L
20.15 - 20.45	LES MILLS BODY BALANCE	Studio	V

## Tuesday

06.15 - 07.00	LES MILLS RPM	Studio	V
07.15 - 08.00	LES MILLS RPM	Studio	V
08.15 - 09.00	LES MILLS THE TRIP	Studio	V
08.45 - 09.30	AQUA AEROBICS	Pool	L
09.45 - 10.45	INFUSION	Studio	L
11.00 - 11.45	LES MILLS SH'BAM	Studio	V
12.00 - 12.45	LES MILLS RPM	Studio	V
13.00 - 13.45	LES MILLS SH'BAM	Studio	V
14.00 - 14.45	LES MILLS RPM	Studio	V
15.00 - 15.30	LES MILLS BODY ATTACK	Studio	V
15.45 - 16.15	LES MILLS BORN TO MOVE (6-7yrs)	Studio	V
16.30 - 17.00	LES MILLS SPRINT	Studio	V
17.15 - 18.00	LEGS, BUMS AND TUMS	Studio	L
18.00 - 19.00	BODY CONDITIONING	Studio	L
19.00 - 20.00	BOXERCISE	Studio	L
20.15 - 20.45	LES MILLS BARRE	Studio	V

## Wednesday

06.15 - 07.00	LES MILLS RPM	Studio	V
07.15 - 08.00	LES MILLS RPM	Studio	V
08.15 - 09.00	PILATES	Studio	L
9.30 - 10.30	LEGS, BUMS AND TUMS	Studio	L
10.45 - 11.45	YOGA	Studio	L
12.00 - 12.45	LES MILLS RPM	Studio	V
13.00 - 13.30	LES MILLS GRIT ATHLETIC	Studio	V
14.00 - 14.30	LES MILLS SPRINT	Studio	V
15.45 - 16.30	LES MILLS BORN TO MOVE (8-12yrs)	Studio	V
16.45 - 17.30	LES MILLS THE TRIP	Studio	V
18.00 - 19.00	LEGS, BUMS AND TUMS	Studio	L
19.00 - 20.00	STRETCH AND TONE	Studio	L
20.15 - 20.45	LES MILLS BODY BALANCE	Studio	V

## Thursday

06.15 - 07.00	LES MILLS RPM	Studio	V
07.15 - 08.00	LES MILLS THE TRIP	Studio	V
08.30 - 09.15	ABS N TONE	Studio	L
09.30 - 10.15	LES MILLS SH'BAM	Studio	V
12.00 - 12.30	LES MILLS SPRINT	Studio	V
13.00 - 13.45	LES MILLS BODY BALANCE	Studio	V
14.15 - 14.45	LES MILLS GRIT ATHLETIC	Studio	V
15.45 - 16.15	LES MILLS BORN TO MOVE (13-16yrs)	Studio	V
16.30 - 17.15	LES MILLS RPM	Studio	V
17.15 - 18.00	HIIT	Studio	L
18.15 - 19.00	LEGS, BUMS AND TUMS	Studio	L
19.15 - 20.00	PILATES	Studio	L
20.15 - 20.45	LES MILLS THE TRIP	Studio	V

## Friday

06.15 - 07.00	LES MILLS RPM	Studio	V
07.15 - 08.00	LES MILLS RPM	Studio	V
08.15 - 09.00	LES MILLS THE TRIP	Studio	V
09.30 - 10.30	BODY CONDITIONING	Studio	L
10.30 - 11.30	STRETCH AND TONE	Studio	L
11.30 - 12.30	PILATES	Studio	L
11.45 - 12.30	AQUA AEROBICS	Pool	L
12.00 - 12.30	LES MILLS RPM	Studio	V
12.45 - 13.15	LES MILLS BODY COMBAT	Studio	V
13.30 - 14.15	LES MILLS BODY PUMP	Studio	V
14.30 - 15.15	LES MILLS SH'BAM	Studio	V
15.45 - 16.15	LES MILLS BORN TO MOVE (8-12yrs)	Studio	V
16.30 - 17.15	LES MILLS RPM	Studio	V
17.30 - 18.00	LES MILLS SPRINT	Studio	V
18.15 - 18.45	LES MILLS BODY COMBAT	Studio	V
19.00 - 19.45	LES MILLS BODY ATTACK	Studio	V

## Saturday

09.00 - 09.45	BODY CONDITIONING	Studio	L
10.30 - 11.15	LES MILLS BODY PUMP	Studio	V
11.30 - 12.00	LES MILLS SPRINT	Studio	V
12.45 - 13.15	LES MILLS BODY COMBAT	Studio	V
13.30 - 14.00	LES MILLS GRIT CARDIO	Studio	V
14.15 - 14.45	LES MILLS BODY BALANCE	Studio	V

## Sunday

09.30 - 10.15	LES MILLS RPM	Studio	V
10.30 - 11.15	LES MILLS BODY ATTACK	Studio	V
11.30 - 12.15	LES MILLS THE TRIP	Studio	V
12.30 - 13.00	LES MILLS BODY BALANCE	Studio	V
13.30 - 14.00	LES MILLS THE TRIP	Studio	V

# CLASS DESCRIPTIONS

## 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.

## Aqua Aerobics

A fun & low impact workout in the swimming pool, for everyone with various movements to improve joint flexibility, range of motion, & muscle strength to the sound of music.

## 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.

## Boxercise

An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

## Chair Based Pilates

Chair Pilates is a modification performed using a chair for support, making it accessible for all fitness levels. It maintains the core principles of traditional Pilates—focus, control, and precision—while offering increased stability.

## HIIT

HIIT, or High Intensity Interval Training, is a form of high intensity cardio that involves working in short bursts (intervals) with rests in between. Our 45 minutes HIIT classes and are made up of intervals that alternate between activity and rest time. Sessions are usually short and intense, making HIIT an ideal option for those who want to work out but have minimal time on their hands. Combining a variety of HIIT exercises to keeping sessions fun and exciting, our classes are also led by passionate instructor.

## 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.

## 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.

## Stretch N Tone

Stretch & Tone will move you through a series of stretching and toning exercises to improve overall functionality of the body. This class will help to improve your posture, circulation, flexibility, and balance, and there is no pressure, you can work at your own pace.