



GROUP FITNESS SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:30AM - 6:20AM Studio One</p> <p> LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>Barre 9:30AM - 10:30AM Studio One</p> <p> LES MILLS BODYPUMP 11:00AM - 12:00PM Studio One</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Studio One</p> <p>ONDEMAND 1:00PM - 5:00PM Studio One</p> <p> LES MILLS RPM 5:00PM - 6:00PM Studio One</p> <p> LES MILLS BODYCOMBAT 6:00PM - 7:00PM Studio One</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p> LES MILLS RPM 8:00AM - 9:00AM Studio One</p> <p> LES MILLS BODYFLOW 9:30AM - 10:30AM Studio One</p> <p> LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio One</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio One</p> <p>ONDEMAND 1:00PM - 5:00PM Studio One</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p> <p>ZUMBA 6:45PM - 7:30PM Studio One</p>	<p> LES MILLS GRIT ATHLETIC 5:30AM - 6:00AM Studio One</p> <p> LES MILLS RPM 8:00AM - 9:00AM Studio One</p> <p>Gentle Yoga/Stretch 9:00AM - 9:45AM Studio One</p> <p> LES MILLS BODYPUMP 9:55AM - 10:45AM Studio One</p> <p> LES MILLS BODYCOMBAT 10:50AM - 11:40AM Studio One</p> <p> LES MILLS RPM 12:00PM - 12:50PM Studio One</p> <p>ONDEMAND 1:00PM - 5:00PM Studio One</p> <p>TRX 50/50 5:15PM - 6:00PM Studio One</p> <p>YOGA 6:00PM - 7:00PM Studio One</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Studio One</p> <p>PILATES 9:30AM - 10:30AM Studio One</p> <p> LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio One</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio One</p> <p>ONDEMAND 1:00PM - 5:00PM Studio One</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p> <p>ZUMBA 6:45PM - 7:30PM Studio One</p>	<p> LES MILLS GRIT STRENGTH 5:30AM - 6:00AM Studio One</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Studio One</p> <p> LES MILLS BODYPUMP 9:00AM - 10:00AM Studio One</p> <p> LES MILLS BODYFLOW 10:00AM - 11:00AM Studio One</p> <p> LES MILLS BODYPUMP 11:00AM - 12:00PM Studio One</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Studio One</p>	<p> LES MILLS SPRINT 7:20AM - 7:50AM Studio One</p> <p> LES MILLS RPM 8:00AM - 9:00AM Studio One</p> <p> LES MILLS BODYCOMBAT 9:30AM - 10:30AM Studio One</p> <p> LES MILLS BODYPUMP 11:00AM - 12:00PM Studio One</p>	<p> LES MILLS RPM 9:00AM - 10:00AM Studio One</p> <p>YOGA 10:00AM - 11:15AM Studio One</p> <p> LES MILLS BODYPUMP 11:30AM - 12:30PM Studio One</p>

Barre

Barre classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Barre also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

ONDEMAND

On Demand

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

TRX 50/50

Total body resistance, this class is functional training at its finest. Be successful as a beginner or bring your workouts to a new level. This class will incorporate the best of both worlds. Half strength, half HITT, getting you into your fat burning zone, all while utilizing your core and balance.

LES MILLS
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS
GRIT | STRENGTH

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

YOGA

This class is a Vinyasa Flow Series for all ability levels. In Vinyasa yoga, movement is synchronized to the breath. We focus on strengthening and stretching the body while moving smoothly through the poses. Balance and concentration are noticeably improved for many participants in this low impact flow series perfect for any age

ZUMBA

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.