



## GROUP FITNESS FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 8:00AM - 9:00AM Studio One	<b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One	<b>LES MILLS GRIT</b>   STRENGTH 5:30AM - 6:00AM Studio One	<b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One	<b>LES MILLS RPM</b> 8:00AM - 9:00AM Cycle Studio	<b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio	<b>LES MILLS RPM</b> 9:00AM - 10:00AM Cycle Studio
<b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio	<b>LES MILLS RPM</b> 7:30AM - 8:20AM Cycle Studio	<b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio	<b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio	<b>LES MILLS BODYPUMP</b> 8:00AM - 9:00AM Studio One	<b>LES MILLS BODYPUMP</b> 8:35AM - 9:05AM Studio One	<b>YOGA</b> 10:00AM - 11:15AM Studio One
<b>LES MILLS BODYFLOW</b> 9:05AM - 10:05AM Studio One	<b>LES MILLS BODYPUMP</b> 8:30AM - 9:00AM Studio One	<b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio One	<b>BUILD-N-BURN</b> 8:30AM - 9:30AM Studio One	<b>LES MILLS BODYCOMBAT</b> 9:05AM - 10:05AM Studio One	<b>CORE</b> 9:10AM - 9:40AM Studio One	<b>LES MILLS BODYPUMP</b> 11:30AM - 12:30PM Studio One
<b>BARRE</b> 10:10AM - 11:10AM Studio One	<b>LES MILLS CXWORX</b> 9:05AM - 9:35AM Studio One	<b>LES MILLS BODYCOMBAT</b> 9:35AM - 10:35AM Studio One	<b>PILATES</b> 9:45AM - 10:45AM Studio One	<b>LES MILLS BODYFLOW</b> 10:05AM - 11:05AM Studio One	<b>LES MILLS BODYCOMBAT</b> 9:45AM - 10:45AM Studio One	<b>ONDEMAND</b> 12:30PM - 2:30PM Studio One
<b>Gentle Stretch/Yoga</b> 11:15AM - 12:15PM Studio One	<b>PILATES</b> 9:45AM - 10:45AM Studio One	<b>Gentle Stretch/Yoga</b> 10:45AM - 11:45AM Studio One	<b>LES MILLS GRIT</b> 11:00AM - 11:30AM Studio One	<b>Barre</b> 11:05AM - 12:05PM Studio One	<b>LES MILLS BODYPUMP</b> 11:00AM - 12:00PM Studio One	
<b>ONDEMAND</b> 1:00PM - 5:00PM Studio One	<b>LES MILLS GRIT</b> 11:00AM - 11:30AM Studio One	<b>YOGA</b> 11:45AM - 12:45PM Studio One	<b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Studio One	<b>LES MILLS barre</b> 12:00PM - 12:30PM Studio One		
<b>LES MILLS RPM</b> 5:30PM - 6:20PM Cycle Studio	<b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Studio One	<b>ONDEMAND</b> 1:00PM - 5:00PM Studio One	<b>ONDEMAND</b> 1:00PM - 5:00PM Studio One			
<b>LES MILLS CXWORX</b> 5:30PM - 6:00PM Studio One	<b>ONDEMAND</b> 1:00PM - 5:00PM Studio One	<b>LES MILLS RPM</b> 5:30PM - 6:30PM Cycle Studio	<b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio One			
<b>LES MILLS BODYCOMBAT</b> 6:05PM - 7:05PM Studio One	<b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio One	<b>YOGA</b> 5:30PM - 6:30PM Studio One	<b>LES MILLS BODYCOMBAT</b> 6:35PM - 7:35PM Studio One			
<b>LES MILLS GRIT</b> 7:05PM - 7:35PM Studio One		<b>LES MILLS GRIT</b>   CARDIO 6:45PM - 7:15PM Studio One				

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.

LES MILLS  
CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

LES MILLS  
GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

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.

LES MILLS  
barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS  
BODYPUMP

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

LES MILLS  
GRIT | CARDIO

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

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