

Thursday



LesMills **BODYPUMP** 

Monday

8:00AM - 9:00AM Studio One

LesMills RPM

8:00AM - 8:50AM Cycle Studio

LesMills **BODYFLOW** 

9:05AM - 10:05AM Studio One

Barre

10:10AM - 11:10AM Studio One

LesMills **BODYPUMP** 

11:20AM - 12:20PM Studio One

**ONDEMAND** 

12:30PM - 2:00PM Studio One

LesMills O SH'BAM

2:00PM - 2:45PM Studio One

ONDEMAND

3:00PM - 5:00PM Studio One

LesMills RPM

5:30PM - 6:20PM Cycle Studio

LesMills CXWORX

5:30PM - 6:00PM Studio One

LesMills **BODYCOMBAT** 

6:05PM - 7:05PM Studio One

GRIT

7:05PM - 7:35PM Studio One

LesMills **BODYPUMP** 

Tuesday

5:30AM - 6:30AM Studio One

LesMills RPM

7:30AM - 8:20AM Cycle Studio

LesMills  $\odot$ **BODYPUMP** 

8:30AM - 9:00AM Studio One

LesMills O CXWORX

9:05AM - 9:35AM Studio One

**PILATES** 

9:45AM - 10:45AM Studio One

GRIT

11:00AM - 11:30AM Studio One

LesMills **BODYPUMP** 

12:00PM - 1:00PM Studio One

1:00PM - 2:00PM

LesMills

SH'BAM

2:00PM - 2:45PM

3:00PM - 5:00PM

5:30PM - 6:30PM

Studio One

Studio One

Studio One

Studio One

LesMills **BODYPUMP** 

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ONDEMAND

ONDEMAND

5:30PM - 6:30PM Cycle Studio

5:30PM - 6:30PM Studio One

LesMills GRIT STRENGTH

5:30AM - 6:00AM Studio One

Wednesday

LesMills

Studio One

8:00AM - 8:50AM Cycle Studio

LesMills **BODYPUMP** 8:30AM - 9:30AM

LesMills **BODYCOMBAT** 

9:35AM - 10:35AM Studio One

Gentle Stretch/Yoga 10:45AM - 11:45AM Studio One

YOGA

11:45AM - 12:45PM Studio One

**ONDEMAND** 

1:00PM - 5:00PM Studio One

LesMills

YOGA

BODYPUMP

5:30AM - 6:30AM Studio One

LesMills

8:00AM - 8:50AM Cycle Studio

BUILD-N-BURN

8:30AM - 9:30AM Studio One

PILATES

9:45AM - 10:45AM Studio One

GRIT

11:00AM - 11:30AM Studio One

LesMills **BODYPUMP** 

12:00PM - 1:00PM Studio One

ONDEMAND

1:00PM - 5:00PM Studio One LesMills

**BODYPUMP** 5:30PM - 6:30PM Studio One

LesMills **BODYCOMBAT** 6:35PM - 7:35PM

Studio One

LesMills RPM

8:00AM - 9:00AM Cycle Studio

Friday

LesMills BODYPUMP

8:00AM - 9:00AM Studio One

LesMills **BODYCOMBAT** 

9:05AM - 10:05AM Studio One

LesMills

10:05AM - 11:05AM Studio One

Barre

11:05AM - 12:05PM Studio One

ONDEMAND

12:15PM - 1:00PM Studio One

**Obarre** 

7:20AM - 7:50AM Studio One

LesMills

8:00AM - 8:50AM Cycle Studio

GRIT STRENGTH

8:00AM - 8:30AM Studio One

Saturday

LesMills **BODYPUMP** 

8:35AM - 9:05AM Studio One

CORE

9:10AM - 9:40AM Studio One

LesMills **BODYCOMBAT** 9:45AM - 10:45AM

Studio One LesMills **BODYPUMP** 

11:00AM - 12:00PM Studio One

**Obarre** 12:00PM - 12:30PM

Studio One

LesMills **RPM** 

9:00AM - 10:00AM Cycle Studio

Sunday

YOGA

10:00AM - 11:15AM Studio One

LesMills **BODYPUMP** 

11:30AM - 12:30PM Studio One

LesMills

12:30PM - 1:00PM Studio One

**Obarre** 

1:00PM - 1:30PM 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.

### LESMILLS 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.

### Lesmills 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.

### LESMILLS BODYPUMP

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

### LESMILLS 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 everthing together.

### 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

#### LESMILLS RPM

 $\mathsf{RPM}^{\mathsf{nv}}$  is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## **Obarre**

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



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



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

# OGRIT STRENGTH

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



Fun-loving and insanely addictive dance workout. No dance experience required!

#### VOGA

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