

MON	TUE	WED	THU	FRI	SAT	SUN
MORNING						
6.00 – 7.00am <b>LES MILLS RPM®</b>	6.00 – 6.30am <b>LES MILLS SPRINT</b>	5.10 – 5.55am <b>SPIN</b>	6.00 – 6.30am <b>LES MILLS SPRINT</b>	6.00 – 6.30am <b>LES MILLS CXWORX</b>	7.30 – 8.00am <b>LES MILLS GRIT SERIES</b>	
6.30 – 7.30am <b>YOGA</b>	8.30 – 9.15am <b>LES MILLS RPM®</b>	6.00 – 6.30am <b>LES MILLS GRIT SERIES</b>	6.00 – 7.00am <b>LES MILLS BODYPUMP</b>	6.00 – 6.45am <b>LES MILLS RPM®</b>	7.30 – 8.30am <b>LES MILLS RPM®</b>	
8.30 – 9.30am <b>LES MILLS RPM®</b>		6.00 – 7.00am <b>LES MILLS RPM®</b>			8.30 – 9.30am <b>LES MILLS BODYSTEP</b>	
9.00 – 9.45am <b>AQUA</b>	9.00 – 9.45am <b>AQUA</b>	9.00 – 9.45am <b>AQUA</b>	9.00 – 9.45am <b>AQUA</b>	9.00 – 9.45am <b>AQUA</b>	9.00 – 9.45am <b>AQUA</b>	9.00 – 9.30am <b>LES MILLS BODYPUMP</b>
9.15 – 10.15am <b>LES MILLS BODYPUMP</b>	9.15 – 10.15am <b>LES MILLS BODYSTEP</b>	9.15 – 10.15am <b>LES MILLS BODYPUMP</b>	9.15 – 10.15am <b>LES MILLS RPM®</b>	9.15 – 10.15am <b>LES MILLS RPM®</b>	9.30 – 10.30am <b>LES MILLS BODYPUMP</b>	9.30 – 10.00am <b>LES MILLS CXWORX</b>
10.15 – 10.45am <b>LES MILLS CXWORX</b>	10.15 – 11.15am <b>LES MILLS BODYBALANCE</b>	10.15 – 11.15am <b>LES MILLS BODYBALANCE</b>	10.00 – 11.00am <b>PILATES</b>	9.15 – 9.45am <b>LES MILLS BODYSTEP</b>	10.30 – 11.30am <b>ZUMBA®</b>	9.30 – 10.00am <b>LES MILLS SPRINT</b>
10.30 – 11.15am <b>AQUA</b>		10.30 – 11.15am <b>AQUA</b>		9.45 – 10.15am <b>LES MILLS CXWORX</b>		10.15 – 11.15am <b>LES MILLS BODYBALANCE</b>
				10.15 – 11.15am <b>LES MILLS BODYBALANCE</b>		
				10.30 – 11.15am <b>AQUA</b>		
AFTERNOON / EVENING						
1.00 – 2.00pm <b>YOGA</b>	1.00 – 2.00pm <b>PILATES</b>	1.00 – 2.30pm <b>YOGA</b>	1.00 – 2.00pm <b>LES MILLS BODYBALANCE</b>			
5.30 – 6.00pm <b>LES MILLS BODYPUMP</b>	4.00 – 4.45pm <b>LES MILLS BODYPUMP</b>	5.30 – 6.30pm <b>LES MILLS BODYCOMBAT</b>		4.00 – 4.50pm <b>LES MILLS RPM®</b>		4.00 – 5.30pm <b>YOGA</b>
6.00 – 6.30pm <b>LES MILLS CXWORX</b>	5.30 – 6.00pm <b>LES MILLS GRIT™ STRENGTH</b>	5.30 – 6.30pm <b>LES MILLS RPM®</b>	5.30 – 6.30pm <b>LES MILLS BODYPUMP</b>	5.15 – 6.00pm <b>LES MILLS BODYPUMP</b>		
6.15 – 7.00pm <b>AQUA</b>	6.00 – 6.30pm <b>LES MILLS GRIT™ CARDIO</b>	6.15 – 7.00pm <b>AQUA</b>	6.30 – 7.30pm <b>LES MILLS BODYBALANCE</b>			
6.30 – 7.30pm <b>PILATES</b>	6.30 – 7.30pm <b>YOGA</b>	6.30 – 7.30pm <b>YOGA</b>				
6.35 – 7.35pm <b>BOXFIT</b>		6.35 – 7.35pm <b>BOXFIT</b>				

## AQUA

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Aqua Aerobics classes offer you something different to a traditional gym workout and you'll really see a difference in your overall health and fitness. Typical Aqua Aerobics classes will involve all the exercises you would expect in a 'dry' class but with added bonuses you can only get from exercising in water.

WORKOUT TYPE: Water-based cardio

INTENSITY: ●●○○○

## BODYBALANCE

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Les Mills BODYBALANCE®, is the Yoga, Tai Chi, Pilates workout that will leave you feeling centered and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility as you create a holistic workout, bringing the body into a state of harmony and balance.

WORKOUT TYPE: Inspired by yoga, tai chi & pilates

INTENSITY: ●●○○○

## BODYCOMBAT

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Prepare to totally unleash yourself in BODYCOMBAT®, the empowering cardio workout. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful instructors, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

WORKOUT TYPE: Martial arts inspired cardio

INTENSITY: ●●●●●

## BODYPUMP

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BODYPUMP® is a barbell class that shapes, tones & strengthens your entire body. This 60-min addictive workout challenges all of your major muscle groups, using the best weight-room exercises such as squats, presses, lifts and curls.

WORKOUT TYPE: Weights-based resistance training

INTENSITY: ●●●●○

## BODYSTEP

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Using a height-adjustable step and simple movements, BODYSTEP® delivers huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

WORKOUT TYPE: Step-based cardio

INTENSITY: ●●●●○

## BOXFIT

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This is where fun, fitness and boxing come together for the best workout in town. 60-min class combining basic boxing technique, skipping and punch combinations on Focus Pads. Put the 'HIIT' back into training.

WORKOUT TYPE: Boxing inspired HIIT training

INTENSITY: ●●●●●

## CXWORX

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Strengthen and tone your core, taking your abs to the next level. Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX® is for you!

WORKOUT TYPE: Core strength training

INTENSITY: ●●●●○

## GRIT

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**LES MILLS GRIT® Strength:** A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Use barbells, weight plates and body weight to blast all major muscle groups.

**LES MILLS GRIT® Cardio:** Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment.

**LES MILLS GRIT® Series:** Features a combination of workouts from our GRIT Cardio & GRIT Strength classes. This combo class is 30 minutes of High Intensity Interval Training designed for ultimate results in minimum time!

WORKOUT TYPE: HIIT training

INTENSITY: ●●●●●

## PILATES

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Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance; more than just building a 'strong core' or 'perfect posture'.

WORKOUT TYPE: Holistic strength & toning

INTENSITY: ●○○○○

## RPM

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Les Mills RPM® is the indoor cycling workout where you discover your athlete within. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

WORKOUT TYPE: HIIT Indoor cycling cardio

INTENSITY: ●●●●●

## SPIN

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Spinning is a great way to torch major calories regardless of your fitness level. The high-intensity exercise craze involves hopping on a stationary bike and peddling as hard as you can while adding and subtracting resistance.

WORKOUT TYPE: Indoor cycling cardio

INTENSITY: ●●●●○

## SPRINT

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Les Mills SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

SPRINT® features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

WORKOUT TYPE: HIIT indoor cycling cardio

INTENSITY: ●●●●●

## YOGA

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Yoga is a total body workout, harmonising the body with the mind and breath through various breathing techniques, yoga postures and movement, relaxation and concentration, and meditation.

Yoga helps develop functional strength, stamina, muscle tone, flexibility and balance as well as improving the mental body.

WORKOUT TYPE: Holistic strength & flexibility

INTENSITY: ●●○○○

## ZUMBA

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We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Fitness classes are often called exercise in disguise.

WORKOUT TYPE: Dance-based cardio

INTENSITY: ●●●○○