

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	GRIT SERIES	BODYPUMP	BODYBALANCE sprint	GRIT STRENGTH	FUNCTIONAL FRIDAY sprint		
6.15am	RPM	RPM		RPM			
6.30am			sprint	CORE			
8.30am						RPM	
9.00am		ageFIT		ageFIT		BODYBALANCE	sprint
9.15am	BODYBALANCE	BODYPUMP	sprint BODYSTEP	BODYPUMP	RPM BODYSTEP		BODYBALANCE
9.30am							BODYBALANCE
9.45am						BODYPUMP	
10.00am			CORE				
10.15am	tone	BODYBALANCE		tone	BODYBALANCE		
12.15pm				MIDDAY MOVE			
4.30pm							GRIT SERIES (45min class)
5.00pm		CORE	CORE	CORE			
5.30pm	CORE BOX FIT	barre	BODYATTACK (30min Express) BODYBALANCE (Studio 2)	BODYBALANCE (30min Express) RPM (30min Express)			
6.00pm	RPM GRIT SERIES	RPM BODYSTEP	sprint BODYPUMP SS	sprint GRIT SERIES			
6.30pm	BODYPUMP						
7.00pm		BODYBALANCE					

- LES MILLS CORE**
- LES MILLS BODYPUMP**
- LES MILLS RPM**
- LES MILLS BODYBALANCE**
- LES MILLS BODYATTACK**
- LES MILLS BODYSTEP**
- LES MILLS tone**
- LES MILLS barre**

CORE® - 30 minutes of solid core exercises. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster... play harder... stand stronger!

BODYPUMP® - The fastest way to get in shape. Challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast!

RPM® * - The calorie killer. Take on the terrain with your inspiring team coach who leads the pack through 45 minutes of hills, flats, mountain peaks, speed work and interval training. Increase your endurance, up your energy, burn major calories and jump-start your metabolism.

BODYBALANCE® - Gain flexibility and strength in a class that combines Yoga, Tai Chi and Pilates. A holistic workout, bringing the body into a state of harmony and balance.

BODYATTACK® - High energy, interval training, combining athletic aerobics with strength and stabilization movements. Dynamic instructors and powerful music motivates everyone to strive to reach their fitness goals. No matter what your fitness level you'll get fit, stay fit or get fitter!

BODYSTEP® - Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

tone® - features the optimal mix of strength, cardio and core training. As a 45 minute class, this is a great cross training option for busy people on the go!

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 sprint**
- LES MILLS GRIT STRENGTH**
- LES MILLS GRIT CARDIO**
- LES MILLS GRIT SERIES**
- MIDDAY MOVE**
- ageFIT**
- BOX FIT**
- FUNCTIONAL FRIDAY**

LES MILLS SPRINT® is 30-minute High Intensity Interval Training on a bike. It's not your usual cycle class. Short bursts of intensity speed work followed by short periods of active recovery - get fast results with minimal impact on joints and you keep burning calories hours after a good workout.

GRIT STRENGTH® * - Builds strength and lean muscle, you'll work all major muscle groups and send your metabolism into overdrive to burn fat for hours after your workout. Experience the power of personal training with the motivation of a team.

GRIT CARDIO® * - is a high-impact cardio workout like nothing else. 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.

GRIT SERIES - 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.

MIDDAY MOVE - is a structured class without cardio. Poses are held longer, with slow, controlled movements and correct breathing technique to work and stretch the connective tissue around muscles and joints to help improve flexibility, strength and posture.

ageFIT - A fun and rewarding class for active seniors that provides strength, balance and conditioning workouts for every level of fitness. Classes are based on a variety of fitness components important for keeping fit and active as your body ages.

BOX FIT - This is a high intensity cardiovascular training session that builds stamina in the heart and lungs, increases muscle strength, tones the body and burns calories. You'll complete various drills that will build core strength and overall fitness, improve your hand-eye coordination.

Functional Friday - This fast paced circuit based class will kick start your Friday with a range of functional cardiovascular and muscle strength based exercises. You'll see an improvement in your cardiovascular fitness, and increase in muscle strength and endurance and a more toned and fit looking body.