LESMILLS GROUP FITNESS TIMETABLE

Updated January 8th 2018



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	GRIT SERIES	Lesmills BODYPUMP	BODYBALANCE	GRIT STRENGTH			
6.15am	RPM RPM	Lesmills RPM	sprint	RPM RPM	Lesmills RPM		
6.30am	CZWORX			CXWORX			
8.30am						RPM RPM	
9.15am	BODYBALANCE SPRINT	Lesmills BODYPUMP	RPM RPM	Lesmills BODYPUMP	RPM LESMILLS BODYSTEP	CXWORX	
9.30am							LESMILLS BODYBALANCE
9.45am						BODYPUMP	
10.00am			CXWORX				
10.15am	BODYVIVE 3.1	Lesmills BODYBALANCE		BODYVIVE 3.1	BODYBALANCE		
12.15pm				PILATES			
4.30pm							GRIT SERIES (45min class)
5.00pm	GRIT CARDIO		CXWORX				
5.30pm	Lesmills CXWORX	BODYCOMBAT Sprint	BODYBALANCE BODYATTACK (Studio 2) (30min Express class)	BODYBALANCE	CXWORX		
6.00pm	LESMILLS RPM (30min Express class)	LESMILLS BODYSTEP	LESMILLS BODYPUMP	RPM (30min Express class)	Lesmills BODYCOMBAT		
6.30pm	Lesmills BODYPUMP			Sprint LESMILLS BODYVIVE 3.1			
7.00pm		BODYBALANCE	GRIT STRENGTH				



Lesmills

CXWORX[©] - 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!

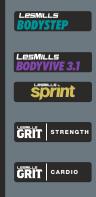
 $\textbf{BODYPUMP}^{\circ} \text{ - The fastest way to get in shape. Challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast!}$

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!

BODYCOMBAT° - The workout with punch. Combining Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Strike, kick, punch and kata your way through calories to superior fitness.



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.

BODYVIVE® **3.1** - 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 SPRINT® is **30-minute High Intensity Interval Training on a bike.** is 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 $^{\circ}$ * - 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. Not to mention it provides the double whammy of maximizing calorie burn within the workout and burning fat for hours afterwards.

*Please note \$5 booking fee may apply, check at reception for details. Standard terms & conditions apply.