

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	LES MILLS GRIT SERIES <small>30min Express Class</small>	LES MILLS BODYPUMP	LES MILLS BODYBALANCE LES MILLS SPRINT	LES MILLS GRIT STRENGTH	LES MILLS SPRINT Strength Development		
6.15am	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM			
6.30am	LES MILLS Shapes <small>(35min class)</small>		LES MILLS SPRINT	LES MILLS CORE			
8.30am		ageFIT		ageFIT		LES MILLS RPM	LES MILLS SPRINT
9.00am						LES MILLS BODYBALANCE	LES MILLS GRIT SERIES <small>(30min class)</small>
9.15am	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS SPRINT LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS RPM LES MILLS BODYSTEP		
9.30am							LES MILLS BODYBALANCE
9.45am							LES MILLS BODYPUMP
10.00am			LES MILLS Shapes				
10.15am	tone	LES MILLS BODYBALANCE		tone	LES MILLS BODYBALANCE		
12.15pm	LES MILLS Shapes <small>(35min class)</small>	LES MILLS RPM <small>(30min Express class)</small>		MIDDY Move	LES MILLS CORE		
5.00pm			LES MILLS CORE	LES MILLS CORE			
5.15pm		Strength Development					
5.30pm	LES MILLS CORE LES MILLS RPM	LES MILLS CORE <small>(Studio 2)</small>	LES MILLS BODYATTACK <small>(30min Express class)</small> LES MILLS SPRINT	LES MILLS RPM LES MILLS SPRINT	LES MILLS BODYBALANCE <small>(30min Express class)</small> LES MILLS Shapes		
6.00pm	LES MILLS GRIT SERIES <small>(30min Express Class)</small>	LES MILLS RPM LES MILLS BODYSTEP					
6.30pm	LES MILLS BODYPUMP						
7.00pm		LES MILLS BODYBALANCE					

**CORE®** - 30 minute workout for incredible core tone and sports performance. Building strength, stability and endurance in the muscles that support you from the inside out. You'll work your surrounding core muscles to improve balance, assist injury prevention and increase postural alignment— it really is more than just CORE!

**BODYPUMP®** - Experience the REP EFFECT with Body Pump, a full body workout utilising time under tension and fatigue to generate muscular adaptation and definition. You'll burn calories, shape and tone your entire body with a mix of Barbell, plate and body weight exercises. The energetic music and science backed movements make this the ultimate resistance training workout.

**RPM®** - The Cardio Kicker. A 45 minute low impact, indoor cycle class. Taking on all terrain training through hills, flats, mountain peaks, and interval training. RPM will increase your aerobic fitness and endurance, burn major calories and create strong lean muscles while riding the rhythm.

**BODYBALANCE®** - Gain flexibility in the yoga-based class that incorporates Tai Chi and Pilates. This class is for anyone and everyone to help improve your mind, mobility and strength. You'll leave this class feeling calm and centred.

**BODYATTACK®** - A high-energy class combining athletic movements, strength exercises and agility sports inspired movements. You'll build stamina, improve your coordination and agility. Dynamic instructors and powerful music will get you through every squat, tuck jump and burpee no matter what your fitness level.

**BODYSTEP®** - Using a height adjustable step you can expect upbeat, rhythmic stepping to improve coordination and agility. Combine this with movements like squats, burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Cardio blocks will push your fat burning system into high gear.

**STONE®** - It's a 3 workout session in 1! Features the optimal mix of strength, cardio and core training at a lower impact. A great foundational class to improve energy levels, build fitness and burn calories in 45 minutes.

**SHAPES™** - is a spicy hot strength-based workout inspired by Pilates, Barre & Power Yoga. Created in an interval training structure, this is a full body targeted workout that is mixed intensity and low-impact, suitable for all fitness and ability levels.

**SPRINT®** - 30 minute high intensity interval training on a bike. Using short bursts of intense working efforts followed by short recovery periods gets you fast results with minimal impact. This class is scientifically proven to provide results fast as you burn calories for hours post workout.

**GRIT STRENGTH®** \* - 30 minute high intensity interval training designed to increase strength and build lean muscle mass. Using a combination of barbells, weight plates and body weight exercises and a mixture of compound movements will blast all major muscle groups. Experience the power of personal training as your coach joins you and motivates you over the finish line.

**GRIT CARDIO®** \* - A high intensity cardio workout like nothing else. Designated to burn fat and rapidly improve athletic capacity, this 30 minute high impact team training styled session, combines body weight functional exercises and uses no equipment to achieve results.

**GRIT SERIES** - The ultimate HIT (high intensity interval training class). The combination of Grit Cardio and Grit Strength using sports conditioning workouts for optimal performance. This 30 minute class will have you training like an athlete and to increase your overall strength, fitness and resilience.

**Middy 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 which helps improve flexibility, strength and posture.

**ageFIT** - A fun and rewarding class for active seniors. Improve your balance, strength and conditioning. Classes are based on a variety of fitness components important for keeping fit and longevity.

**boxFIT** - Boxing inspired movements using gloves and pads completing various drills to build lean muscle, core strength and increase cardiovascular fitness.

**STRENGTH DEVELOPMENT** - A functional full body strength workout, in a traditional strength structure! This program works in timed intervals, using TEMPO and REP ranges. It also works in weekly blocks of Pure Strength / Hypertrophy / Power and Athletics. This is strength training like you've never seen it before from Les Mills.