

LES MILLS GROUP FITNESS TIMETABLE

Updated March 16th 2017



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

LES MILLS CXWORX

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!

LES MILLS BODYPUMP

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!

LES MILLS RPM

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.

LES MILLS BODYBALANCE

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.

LES MILLS BODYATTACK

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!

LES MILLS BODYCOMBAT

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.

LES MILLS BODYSTEP

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.

LES MILLS BODYVIVE 3.1

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

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.

LES MILLS GRIT STRENGTH

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.

LES MILLS GRIT CARDIO

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.