



YMCA Les Mills Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Studio 1</p> <p>LES MILLS sprint 6:00AM - 6:30AM Studio 1</p> <p>LES MILLS THE TRIP 6:45AM - 7:30AM Studio 1</p> <p>LES MILLS CORE 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS RPM 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS sprint 12:15PM - 12:45PM Studio 1</p> <p>LES MILLS BODYPUMP 1:00PM - 2:00PM Studio 1</p> <p>LES MILLS BODYBALANCE 2:00PM - 3:00PM Studio 1</p> <p>LES MILLS CORE 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS BODYPUMP 4:00PM - 4:45PM Studio 1</p> <p>LES MILLS GRIT CARDIO 5:00PM - 5:30PM Studio 1</p>	<p>LES MILLS CORE 5:15AM - 5:45AM Studio 1</p> <p>LES MILLS sprint 6:00AM - 6:30AM Studio 1</p> <p>LES MILLS BODYPUMP 6:45AM - 7:30AM Studio 1</p> <p>LES MILLS sprint 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM Studio 1</p> <p>LES MILLS THE TRIP 12:15PM - 1:00PM Studio 1</p> <p>LES MILLS CORE 1:15PM - 1:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 2:00PM - 3:00PM Studio 1</p> <p>LES MILLS GRIT CARDIO 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS sprint 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS RPM 4:45PM - 5:30PM Studio 1</p>	<p>LES MILLS CORE 5:15AM - 5:45AM Studio 1</p> <p>LES MILLS RPM 6:00AM - 6:30AM Studio 1</p> <p>LES MILLS THE TRIP 6:45AM - 7:30AM Studio 1</p> <p>LES MILLS BODYPUMP 8:00AM - 8:45AM Studio 1</p> <p>LES MILLS sprint 9:00AM - 9:30AM Studio 1</p> <p>LES MILLS BODYBALANCE 9:35AM - 10:35AM Studio 1</p> <p>LES MILLS CORE 12:15PM - 12:45PM Studio 1</p> <p>LES MILLS sprint 1:00PM - 1:30PM Studio 1</p> <p>LES MILLS GRIT ATHLETIC 2:00PM - 2:30PM Studio 1</p> <p>LES MILLS THE TRIP 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS BODYPUMP 4:00PM - 4:45PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Studio 1</p> <p>LES MILLS sprint 6:00AM - 6:30AM Studio 1</p> <p>LES MILLS BODYPUMP 6:45AM - 7:30AM Studio 1</p> <p>LES MILLS sprint 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 9:55AM Studio 1</p> <p>LES MILLS THE TRIP 12:15PM - 1:00PM Studio 1</p> <p>LES MILLS CORE 1:15PM - 1:45PM Studio 1</p> <p>LES MILLS BODYPUMP 2:00PM - 3:00PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS sprint 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS RPM 4:45PM - 5:30PM Studio 1</p>	<p>LES MILLS CORE 5:15AM - 5:45AM Studio 1</p> <p>LES MILLS sprint 6:00AM - 6:30AM Studio 1</p> <p>LES MILLS THE TRIP 6:45AM - 7:30AM Studio 1</p> <p>LES MILLS sprint 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS THE TRIP 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS tone 12:15PM - 12:45PM Studio 1</p> <p>LES MILLS sprint 1:00PM - 1:30PM Studio 1</p> <p>LES MILLS CORE 2:00PM - 2:30PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p> <p>LES MILLS sprint 4:30PM - 5:00PM Studio 1</p> <p>LES MILLS CORE 5:00PM - 5:30PM Studio 1</p>	<p>LES MILLS GRIT ATHLETIC 6:15AM - 6:45AM Studio 1</p> <p>LES MILLS sprint 7:00AM - 7:30AM Studio 1</p> <p>LES MILLS GRIT STRENGTH 8:00AM - 8:30AM Studio 1</p> <p>tone 8:35AM - 9:20AM Studio 1</p> <p>LES MILLS THE TRIP 9:30AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 11:00AM - 12:00PM Studio 1</p> <p>LES MILLS CORE 12:00PM - 12:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 1:00PM - 2:00PM Studio 1</p> <p>LES MILLS sprint 2:15PM - 2:45PM Studio 1</p> <p>LES MILLS CORE 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS BODYPUMP 4:00PM - 5:00PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 6:15AM - 6:45AM Studio 1</p> <p>LES MILLS CORE 7:00AM - 7:45AM Studio 1</p> <p>LES MILLS sprint 8:30AM - 9:00AM Studio 1</p> <p>LES MILLS BODYBALANCE 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 1:00PM - 2:00PM Studio 1</p> <p>LES MILLS CORE 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS sprint 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS THE TRIP 5:00PM - 5:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 6:00PM - 7:00PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 7:00PM - 7:30PM Studio 1</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS THE TRIP 5:40PM - 6:25PM Studio 1</p> <p>LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS BODYBALANCE 7:30PM - 8:30PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 9:00PM - 9:30PM Studio 1</p>	<p>LES MILLS BODYCOMBAT 5:35PM - 6:20PM Studio 1</p> <p>LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS BODYBALANCE 7:30PM - 8:30PM Studio 1</p> <p>LES MILLS GRIT CARDIO 9:00PM - 9:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:00PM - 5:30PM Studio 1</p> <p>LES MILLS THE TRIP 5:40PM - 6:25PM Studio 1</p> <p>LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS sprint 8:00PM - 8:30PM Studio 1</p> <p>LES MILLS BODYPUMP 9:00PM - 10:00PM Studio 1</p>	<p>LES MILLS GRIT PLYO 5:35PM - 6:05PM Studio 1</p> <p>LES MILLS BODYBALANCE 6:15PM - 6:45PM Studio 1</p> <p>LES MILLS CORE 7:00PM - 7:30PM Studio 1</p> <p>LES MILLS sprint 8:00PM - 8:30PM Studio 1</p> <p>LES MILLS BODYPUMP 9:00PM - 10:00PM Studio 1</p>	<p>LES MILLS THE TRIP 5:45PM - 6:30PM Studio 1</p> <p>LES MILLS GRIT CARDIO 7:00PM - 7:30PM Studio 1</p> <p>LES MILLS sprint 8:00PM - 8:30PM Studio 1</p> <p>LES MILLS BODYPUMP 9:00PM - 10:00PM Studio 1</p>	<p>LES MILLS sprint 5:00PM - 5:30PM Studio 1</p> <p>LES MILLS GRIT ATHLETIC 5:30PM - 6:00PM Studio 1</p> <p>LES MILLS CORE 6:00PM - 6:30PM Studio 1</p> <p>LES MILLS THE TRIP 7:00PM - 7:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 8:00PM - 9:00PM Studio 1</p> <p>LES MILLS GRIT ATHLETIC 9:00PM - 9:30PM Studio 1</p>	<p>LES MILLS BODYPUMP 8:00PM - 9:00PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 9:00PM - 9:30PM Studio 1</p>

LES MILLS BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

LES MILLS GRIT | CARDIO

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

LES MILLS GRIT | PLYO

LES MILLS GRIT™ Plyo is a 30 minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

LES MILLS GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

LES MILLS tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS THE TRIP

Be guided through digitally-created worlds in a totally unique workout experience that combines an instructor led cycling workout with a Virtual journey proven to get you fitter faster with less discomfort.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS GRIT | STRENGTH


High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LES MILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



YMCA Gisborne
Group Exercise Timetable