



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 RPM 2:00PM - 2:50PM Studio 1</p> <p>LES MILLS CORE 3:30PM - 4:00PM 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 BODYCOMBAT 2:00PM - 3:00PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 3:45PM 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 sprint 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 BODYCOMBAT 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS THE TRIP 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 RPM 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 9:55AM Studio 1</p> <p>LES MILLS sprint 12:15PM - 12:45PM Studio 1</p> <p>LES MILLS CORE 1:15PM - 1:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 2:00PM - 3:00PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM 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 - 7:30AM Studio 1</p> <p>LES MILLS RPM 6:45AM - 7:35AM 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 GRIT STRENGTH 12:15PM - 12:45PM Studio 1</p> <p>LES MILLS RPM 1:00PM - 1:50PM Studio 1</p> <p>LES MILLS BODYCOMBAT 2:00PM - 3:00PM 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 5:05PM - 5:35PM Studio 1</p>	<p>LES MILLS GRIT ATHLETIC 6:15AM - 6:45AM Studio 1</p> <p>LES MILLS RPM 7:00AM - 7:50AM Studio 1</p> <p>LES MILLS GRIT STRENGTH 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS BODYPUMP 8:35AM - 9:35AM Studio 1</p> <p>LES MILLS THE TRIP 9:45AM - 10:30AM 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 sprint 2:15PM - 2:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 1</p> <p>LES MILLS BODYPUMP 4:00PM - 5:00PM Studio 1</p> <p>LES MILLS sprint 5:00PM - 5:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 6:15AM - 6:45AM Studio 1</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM 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 RPM 2:00PM - 2:50PM Studio 1</p> <p>LES MILLS sprint 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS CORE 4:00PM - 4:45PM 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 RPM 7:00PM - 7:50PM Studio 1</p>

Monday

LES MILLS
THE TRIP
5:40PM - 6:25PM
Studio 1

LES MILLS
BODYPUMP
6:30PM - 7:30PM
Studio 1

LES MILLS
BODYBALANCE
7:30PM - 8:30PM
Studio 1

Tuesday

LES MILLS
BODYCOMBAT
5:35PM - 6:20PM
Studio 1

LES MILLS
BODYPUMP
6:30PM - 7:30PM
Studio 1

LES MILLS
BODYBALANCE
7:30PM - 8:30PM
Studio 1

Wednesday

LES MILLS
GRIT | STRENGTH
5:00PM - 5:30PM
Studio 1

LES MILLS
sprint
5:40PM - 6:10PM
Studio 1

LES MILLS
BODYPUMP
6:30PM - 7:30PM
Studio 1

LES MILLS
sprint
8:00PM - 8:30PM
Studio 1

Thursday

LES MILLS
GRIT | ATHLETIC
5:35PM - 6:05PM
Studio 1

LES MILLS
BODYBALANCE
6:15PM - 6:45PM
Studio 1

LES MILLS
RPM
7:00PM - 7:50PM
Studio 1

LES MILLS
sprint
8:00PM - 8:30PM
Studio 1

Friday

LES MILLS
THE TRIP
5:45PM - 6:30PM
Studio 1

LES MILLS
RPM
7:00PM - 7:50PM
Studio 1

LES MILLS
sprint
8:00PM - 8:30PM
Studio 1

Saturday

LES MILLS
CORE
6:00PM - 6:30PM
Studio 1

LES MILLS
THE TRIP
7:00PM - 7:45PM
Studio 1

Sunday

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 | ATHLETIC

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

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 | 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 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 BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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 | STRENGTH

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

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS RPM


Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

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