

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LES MILLS
GRIT | STRENGTH
 5:15AM - 5:45AM

LES MILLS
sprint
 6:00AM - 6:30AM

LES MILLS
THE TRIP
 6:45AM - 7:30AM

LES MILLS
BODYPUMP
 8:00AM - 8:45AM

LES MILLS
RPM
 9:00AM - 9:45AM

LES MILLS
sprint
 12:15PM - 12:45PM

LES MILLS
BODYPUMP
 1:00PM - 2:00PM

LES MILLS
RPM
 2:00PM - 2:50PM

LES MILLS
BODYPUMP
 3:00PM - 3:45PM

LES MILLS
sprint
 4:00PM - 4:30PM

LES MILLS
Shapes
 4:40PM - 5:30PM

Strength Development
 5:35PM - 6:20PM

LES MILLS
THE TRIP
 6:30PM - 7:15PM

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

LES MILLS
CORE
 5:15AM - 5:45AM

LES MILLS
sprint
 6:00AM - 6:30AM

LES MILLS
BODYPUMP
 6:45AM - 7:30AM

LES MILLS
sprint
 8:00AM - 8:30AM

LES MILLS
BODYPUMP
 9:00AM - 10:00AM

LES MILLS
THE TRIP
 12:15PM - 1:00PM

LES MILLS
CORE
 1:15PM - 1:45PM

LES MILLS
BODYCOMBAT
 2:00PM - 3:00PM

LES MILLS
BODYPUMP
 3:00PM - 3:45PM

LES MILLS
sprint
 4:00PM - 4:30PM

LES MILLS
RPM
 4:45PM - 5:30PM

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

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

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

LES MILLS
sprint
 5:00AM - 5:30AM
 Strength Development
 5:45AM - 6:30AM

LES MILLS
THE TRIP
 6:45AM - 7:30AM

LES MILLS
BODYPUMP
 8:00AM - 8:45AM

LES MILLS
sprint
 9:00AM - 9:30AM

LES MILLS
BODYBALANCE
 9:35AM - 10:35AM

LES MILLS
CORE
 12:15PM - 12:45PM

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

LES MILLS
BODYCOMBAT
 2:00PM - 3:00PM

LES MILLS
THE TRIP
 3:00PM - 3:45PM

LES MILLS
BODYPUMP
 4:00PM - 4:45PM

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

LES MILLS
sprint
 5:35PM - 6:05PM

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

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

LES MILLS
GRIT | STRENGTH
 5:15AM - 5:45AM
LES MILLS
sprint
 6:00AM - 6:30AM

LES MILLS
BODYPUMP
 6:45AM - 7:30AM

LES MILLS
sprint
 8:00AM - 8:30AM

Strength Development
LES MILLS
sprint
 9:00AM - 9:45AM

LES MILLS
BODYPUMP
 12:15PM - 12:45PM

LES MILLS
CORE
 1:15PM - 1:45PM

LES MILLS
BODYCOMBAT
 2:00PM - 3:00PM

LES MILLS
BODYPUMP
 3:00PM - 4:00PM

LES MILLS
sprint
 4:00PM - 4:30PM

LES MILLS
RPM
 4:45PM - 5:30PM

LES MILLS
GRIT | CARDIO
 5:35PM - 6:05PM

LES MILLS
BODYBALANCE
 6:15PM - 7:15PM

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

LES MILLS
CORE
 5:15AM - 5:45AM
LES MILLS
sprint
 6:00AM - 6:30AM

LES MILLS
RPM
 6:45AM - 7:35AM

LES MILLS
BODYPUMP
 8:00AM - 8:45AM

LES MILLS
THE TRIP
 9:00AM - 9:45AM

LES MILLS
Shapes
 12:15PM - 1:00PM

LES MILLS
sprint
 1:15PM - 1:45PM

LES MILLS
BODYCOMBAT
 2:00PM - 3:00PM

LES MILLS
BODYPUMP
 3:00PM - 4:00PM

LES MILLS
sprint
 4:00PM - 4:30PM

LES MILLS
CORE
 5:00PM - 5:30PM

LES MILLS
sprint
 5:35PM - 6:05PM

LES MILLS
THE TRIP
 6:30PM - 7:15PM

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

LES MILLS
GRIT
BODYPUMP
 6:15AM - 7:00AM

LES MILLS
RPM
 7:00AM - 7:50AM

LES MILLS
GRIT | STRENGTH
 8:00AM - 8:30AM

LES MILLS
BODYPUMP
 8:35AM - 9:35AM

LES MILLS
THE TRIP
 9:45AM - 10:30AM

LES MILLS
BODYPUMP
 11:00AM - 12:00PM

LES MILLS
sprint
 2:00PM - 2:30PM

LES MILLS
RPM
 3:00PM - 3:50PM

LES MILLS
BODYPUMP
 4:00PM - 5:00PM

LES MILLS
sprint
 5:00PM - 5:30PM

LES MILLS
THE TRIP
 6:00PM - 6:45PM

LES MILLS
sprint
 8:30AM - 9:00AM

LES MILLS
BODYBALANCE
 9:15AM - 10:15AM

LES MILLS
THE TRIP
 11:30AM - 12:15PM

LES MILLS
CORE
 12:30PM - 1:00PM

LES MILLS
BODYPUMP
 1:00PM - 2:00PM

LES MILLS
RPM
 2:00PM - 2:50PM

LES MILLS
sprint
 3:00PM - 3:30PM

LES MILLS
THE TRIP
 5:00PM - 5:45PM

LES MILLS
BODYBALANCE
 6:00PM - 7:00PM

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

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.

Strength Development

Build strength in phases based on strength and conditioning science. Progress through the essential elements of strength training with slow and controlled movements, functional exercises and dynamic core work.

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 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 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 RPM

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

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 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 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 Shapes

An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.