

MONDAY

▶ GRIT STRENGTH
5:15AM - 5:45AM

SPRINT
6:00AM - 6:30AM

▶ THE TRIP
6:45AM - 7:30AM

▶ BODY PUMP
8:00AM - 8:45AM

RPM
9:00AM - 9:45AM

SPRINT
12:15PM - 12:45PM

▶ BODY PUMP
1:00PM - 2:00PM

▶ RPM
2:00PM - 2:50PM

▶ BODY PUMP
3:00PM - 3:45PM

▶ SPRINT
3:45PM - 4:15PM

SHAPES
4:30PM - 5:15PM

BODY PUMP
5:25PM - 6:25PM

PILATES
6:30PM - 7:15PM

▶ THE TRIP
7:30PM - 8:15PM

TUESDAY

▶ CORE
5:00AM - 5:30AM

RPM
5:45AM - 6:30AM

▶ BODY PUMP
6:45AM - 7:30AM

▶ SPRINT
8:00AM - 8:30AM

BODY PUMP
9:00AM - 10:00AM

▶ THE TRIP
12:15PM - 1:00PM

▶ CORE
1:15PM - 1:45PM

▶ BODY COMBAT
2:00PM - 3:00PM

▶ BODY PUMP
3:00PM - 3:45PM

▶ SPRINT
4:00PM - 4:30PM

RPM
4:45PM - 5:30PM

BODY COMBAT
5:35PM - 6:20PM

▶ BODY PUMP
6:30PM - 7:30PM

▶ BODY BALANCE
7:30PM - 8:30PM

WEDNESDAY

▶ SPRINT
5:00AM - 5:30AM

STRENGTH DEVELOPMENT
5:45AM - 6:30AM

▶ THE TRIP
6:45AM - 7:30AM

▶ BODY PUMP
8:00AM - 8:45AM

SPRINT
9:00AM - 9:30AM

BODY BALANCE / SHAPES
9:35AM - 10:20AM

CORE
12:15PM - 12:45PM

▶ SPRINT
1:00PM - 1:30PM

▶ BODY COMBAT
2:00PM - 3:00PM

▶ THE TRIP
3:00PM - 3:45PM

▶ BODY PUMP
4:00PM - 4:45PM

GRIT STRENGTH
5:00PM - 5:30PM

SPRINT
5:35PM - 6:05PM

▶ BODY PUMP
6:30PM - 7:30PM

▶ SPRINT
8:00PM - 8:30PM

THURSDAY

▶ GRIT STRENGTH
5:15AM - 5:45AM

SPRINT
6:00AM - 6:30AM

▶ BODY PUMP
6:45AM - 7:30AM

▶ SPRINT
8:00AM - 8:30AM

STRENGTH DEVELOPMENT
9:00AM - 9:45AM

PILATES
12:15PM - 12:45PM

▶ THE TRIP
1:00PM - 1:45PM

▶ BODY COMBAT
2:00PM - 3:00PM

▶ BODY PUMP
3:00PM - 3:45PM

▶ SPRINT
4:00PM - 4:30PM

RPM
4:45PM - 5:30PM

STRENGTH DEVELOPMENT
5:35PM - 6:20PM

▶ BODY BALANCE
6:30PM - 7:30PM

▶ SPRINT
8:00PM - 8:30PM

FRIDAY

▶ CORE
5:15AM - 5:45AM

SPRINT
6:00AM - 6:30AM

▶ RPM
6:45AM - 7:35AM

▶ BODY PUMP
8:00AM - 8:45AM

THE TRIP
9:00AM - 9:45AM

SHAPES
12:15PM - 1:00PM

▶ SPRINT
1:15PM - 1:45PM

▶ BODY COMBAT
2:00PM - 3:00PM

▶ BODY PUMP
3:00PM - 3:45PM

▶ SPRINT
4:30PM - 5:00PM

CORE
5:00PM - 5:30PM

▶ THE TRIP
6:00PM - 6:45PM

▶ BODY BALANCE
7:00PM - 8:00PM

SATURDAY

▶ GRIT STRENGTH
5:45AM - 6:15AM

▶ BODY PUMP
6:15 - 7:00AM

▶ RPM
7:00AM - 7:50AM

GRIT STRENGTH
8:00AM - 8:30AM

BODY PUMP
8:35AM - 9:35AM

PILATES
9:40AM - 10:25AM

▶ THE TRIP
10:30AM - 11:15AM

▶ GRIT STRENGTH
1:30PM - 2:00PM

▶ SPRINT
2:00PM - 2:30PM

▶ RPM
3:00PM - 3:50PM

▶ BODY PUMP
4:00PM - 5:00PM

▶ BODY BALANCE
5:00PM - 6:00PM

SUNDAY

SPRINT
8:30AM - 9:00AM

BODY BALANCE
9:15AM - 10:15AM

▶ THE TRIP
11:30AM - 12:15PM

▶ GRIT CARDIO
12:30PM - 1:00PM

▶ BODY PUMP
1:00PM - 2:00PM

▶ RPM
2:00PM - 2:50PM

▶ SPRINT
3:00PM - 3:30PM

▶ BODY BALANCE
5:00PM - 6:00PM

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 is a scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations.

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.

LES MILLS **PILATES**

Magical choreography, hypnotic music, and the latest exercise science. A mind-body workout designed to improve strength, mobility, and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.