



Les Mills – Classes

BODY PUMP

The full-body weights workout, bodypump is for anyone looking to get lean, toned and fit – fast.

BODY COMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

CX WORX

Exercising muscles around the core of your body, cxworx™ provides the vital ingredient for a stronger, leaner body.

BODY BALANCE

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centered.

SH'BAM

The fun-loving, insanely addictive dance workout – no dance experience required.

GRIT

The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle.

LES MILLS



Les Mills – Class schedule



MONDAY

TIME	CLASS	DURATION
07:00	BODY PUMP	<i>Learn the moves</i>
07:05	BODY PUMP	55 minutes
08:15	GRIT CARDIO	<i>Learn the moves</i>
08:20	GRIT CARDIO	30 Minutes
12:15	FITNESS: ROBUSTNESS (ALTIUS)	30 Minutes
13:00	BODY PUMP	<i>Learn the moves</i>
13:05	BODY PUMP	45 Minutes
17:10	BODY COMBAT	<i>Learn the moves</i>
17:15	BODY COMBAT	45 Minutes
18:20	BODY BALANCE	30 Minutes

TUESDAY

TIME	CLASS	DURATION
07:00	BODY BALANCE	<i>Learn the moves</i>
07:05	BODY BALANCE	60 Minutes
08:15	BODY COMBAT	<i>Learn the moves</i>
08:20	BODY COMBAT	30 Minutes
12:15	GRIT STRENGTH	<i>Learn the moves</i>
12:20	GRIT STRENGTH	30 Minutes
13:00	SH'BAM	<i>Learn the moves</i>
13:05	SH'BAM	45 Minutes
17:10	CX WORX	<i>Learn the moves</i>
17:15	CX WORX	30 Minutes
18:00	BODY PUMP	60 Minutes

WEDNESDAY

TIME	CLASS	DURATION
07:00	BODY PUMP	<i>Learn the moves</i>
07:05	BODY PUMP	55 Minutes
08:15	BODY COMBAT	<i>Learn the moves</i>
08:20	BODY COMBAT	30 Minutes
12:15	CX WORX	<i>Learn the moves</i>
12:20	CX WORX	30 Minutes
13:00	YOGA: CHAIR SHAPED (ALTIUS)	30 Minutes
17:10	BODY PUMP	<i>Learn the moves</i>
17:15	BODY PUMP	45 Minutes
18:20	SH'BAM	30 Minutes

THURSDAY

TIME	CLASS	DURATION
07:00	CX WORX	<i>Learn the moves</i>
07:05	CX WORX	30 Minutes
08:00	SH'BAM	<i>Learn the moves</i>
08:05	SH'BAM	45 Minutes
12:15	BODY COMBAT	<i>Learn the moves</i>
12:20	BODY COMBAT	30 Minutes
13:00	BODY BALANCE	<i>Learn the moves</i>
13:05	BODY BALANCE	30 Minutes
17:10	BODY PUMP	<i>Learn the moves</i>
17:15	BODY PUMP	55 Minutes

FRIDAY

TIME	CLASS	DURATION
07:00	BODY COMBAT	<i>Learn the moves</i>
07:05	BODY COMBAT	60 Minutes
08:10	GRIT PLYO	<i>Learn the moves</i>
08:15	GRIT PLYO	30 Minutes
12:15	PILATES: SIT STRONG (ALTIUS)	30 Minutes
13:00	CX WORX	<i>Learn the moves</i>
13:05	CX WORX	30 Minutes
17:10	BODY BALANCE	<i>Learn the moves</i>
17:15	BODY BALANCE	30 Minutes