

LES MILLS **VIRTUAL**

LES MILLS **BODYBALANCE**

BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

LES MILLS **BODYCOMBAT**

Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

LES MILLS **CXWORX**

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. You work with resistance tubes and weight plates along with body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS **BODYPUMP**

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories.

LES MILLS **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can.