

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|--|---|--|---|--|--|---|
| <p>LES MILLS sprint 6:40am Duration: 30 mins</p> | <p>LES MILLS BODYPUMP 6:40am Duration: 30 mins</p> | <p>LES MILLS BODYCOMBAT 6:40am Duration: 30mins</p> | <p>LES MILLS RPM 6:40am Duration: 30mins</p> | <p>LES MILLS BODYBALANCE 6:40am Duration: 30mins</p> | | |
| <p>LES MILLS BODYCOMBAT 7:15am Duration: 55 mins</p> | <p>LES MILLS BODYBALANCE 7:15am Duration: 30mins</p> | <p>LES MILLS sprint 7:15am Duration: 30mins</p> | <p>LES MILLS BODYPUMP 7:15am Duration: 55mins</p> | <p>LES MILLS RPM 7:20am Duration: 45mins</p> | <p>LES MILLS BODYCOMBAT 9:30am Duration: 55mins</p> | <p>LES MILLS BODYPUMP 8:05am Duration: 55mins</p> |
| <p>LES MILLS BODYPUMP 11:30am Duration: 55 mins</p> | <p>LES MILLS RPM 7:55am Duration: 30mins</p> | <p>LES MILLS BODYBALANCE 7:50am Duration: 55mins</p> | <p>LES MILLS BODYCOMBAT 8:25am Duration: 55mins</p> | <p>LES MILLS CXWORX 8:20am Duration: 30mins</p> | <p>LES MILLS BODYPUMP 10:45am Duration: 30mins</p> | <p>LES MILLS BODYBALANCE 10:30am Duration: 55mins</p> |
| <p>LES MILLS CXWORX 12:40pm Duration: 30 mins</p> | <p>LES MILLS BODYBALANCE 11:15am Duration: 30mins</p> | <p>LES MILLS BODYCOMBAT 11:30am Duration: 30mins</p> | <p>LES MILLS RPM 12:10pm Duration: 45mins</p> | <p>LES MILLS sprint 11:45am Duration: 30mins</p> | <p>LES MILLS sprint 11:30am Duration: 30mins</p> | <p>LES MILLS RPM 11:45am Duration: 45mins</p> |
| <p>LES MILLS RPM 3:30pm Duration: 30mins</p> | <p>LES MILLS sprint 2:20pm Duration: 30mins</p> | <p>LES MILLS sprint 12:10pm Duration: 30mins</p> | <p>LES MILLS BODYPUMP 4:10pm Duration: 55mins</p> | <p>LES MILLS BODYCOMBAT 12:25pm Duration: 30mins</p> | <p>LES MILLS BODYBALANCE 2:45pm Duration: 55mins</p> | <p>LES MILLS BODYCOMBAT 1:00pm Duration: 55mins</p> |
| <p>LES MILLS BODYPUMP 4:10pm Duration: 55mins</p> | <p>LES MILLS BODYPUMP 3:00pm Duration: 55mins</p> | <p>LES MILLS CXWORX 12:50pm Duration: 30mins</p> | <p>LES MILLS BODYCOMBAT 5:20pm Duration: 30mins</p> | <p>LES MILLS SH'BAM 1:05pm Duration: 45mins</p> | <p>LES MILLS BODYPUMP 4:05pm Duration: 45mins</p> | <p>LES MILLS SH'BAM 2:15pm Duration: 45mins</p> |
| <p>LES MILLS BODYCOMBAT 5:20pm Duration: 30 mins</p> | <p>LES MILLS sprint 4:05pm Duration: 30mins</p> | <p>LES MILLS BODYPUMP 1:30pm Duration: 55mins</p> | <p>LES MILLS RPM 8:10pm Duration: 45mins</p> | <p>LES MILLS BODYPUMP 2:00pm Duration: 55mins</p> | <p>LES MILLS CXWORX 5:15pm Duration: 30mins</p> | <p>LES MILLS CXWORX 3:10pm Duration: 30mins</p> |
| | <p>LES MILLS BODYCOMBAT 4:45pm Duration: 30 mins</p> | <p>LES MILLS sprint 3:25pm Duration: 30mins</p> | | <p>LES MILLS BODYBALANCE 3:15pm Duration: 30mins</p> | <p>LES MILLS SH'BAM 6:00pm Duration: 45mins</p> | <p>LES MILLS sprint 3:55pm Duration: 30mins</p> |
| | <p>LES MILLS SH'BAM 5:25pm Duration: 45mins</p> | <p>LES MILLS BODYCOMBAT 7:00pm Duration: 55mins</p> | | <p>LES MILLS SH'BAM 3:50pm Duration: 45mins</p> | <p>LES MILLS BODYPUMP 7:00pm Duration: 30mins</p> | <p>LES MILLS BODYPUMP 4:40pm Duration: 55mins</p> |
| | <p>LES MILLS CXWORX 9:10pm Duration: 30mins</p> | <p>LES MILLS RPM 9:05pm Duration: 45mins</p> | | <p>LES MILLS sprint 4:45pm Duration: 30mins</p> | | |



LESMILLS RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.

LESMILLS 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.

LESMILLS 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.

LESMILLS 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.

LESMILLS 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.

LESMILLS 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.

LESMILLS sprint

SPRINT™ is a 30-minute HIIT workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.



RIVERS