



July/August Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:05AM - 6:05AM Studio 1	LES MILLS BODYCOMBAT 5:05AM - 6:05AM Studio 4	HIIT TRAINING 5:05AM - 5:50AM Studio 3	LES MILLS BODYCOMBAT 5:05AM - 6:05AM Studio 4	LES MILLS RPM 5:05AM - 5:35AM Studio 2	LES MILLS GRIT ATHLETIC 6:00AM - 6:30AM Studio 1	LES MILLS BODYPUMP 7:05AM - 7:50AM Studio 1
BOOTCAMP 5:05AM - 5:50AM Studio 3	LES MILLS FUNCTIONAL STRENGTH 5:05AM - 5:50AM Studio 1	LES MILLS BODYBALANCE 5:05AM - 5:50AM Studio 4	LES MILLS GRIT STRENGTH 5:05AM - 5:35AM Studio 1	Strength Development 5:05AM - 5:50AM Studio 1	ON DEMAND 6:00AM - 7:30AM Studio 4	LES MILLS sprint 7:05AM - 7:35AM Studio 2
LES MILLS RPM 5:05AM - 5:55AM Studio 2	GROUP CYCLING 5:05AM - 5:35AM Studio 2	LES MILLS BODYPUMP 5:05AM - 5:50AM Studio 1	GROUP CYCLING 5:05AM - 5:35AM Studio 2	LES MILLS Shapes 5:05AM - 5:35AM Studio 4	LES MILLS THE TRIP 6:00AM - 6:45AM Studio 2	LES MILLS BODYBALANCE 7:15AM - 8:00AM Studio 4
LES MILLS GRIT CARDIO 5:15AM - 5:45AM Studio 4	ON DEMAND 5:45AM - 8:15AM Studio 2	LES MILLS RPM 5:05AM - 5:35AM Studio 2	LES MILLS CORE 5:40AM - 6:10AM Studio 1	LES MILLS BODYBALANCE 5:40AM - 6:10AM Studio 4	LES MILLS BODYPUMP 6:45AM - 7:30AM Studio 1	ON DEMAND 7:45AM - 8:45AM Studio 2
LES MILLS BODYBALANCE FLEXIBILITY 6:00AM - 6:30AM Studio 4	LES MILLS CORE 5:55AM - 6:25AM Studio 1	LES MILLS sprint 5:45AM - 6:15AM Studio 2	ON DEMAND 6:00AM - 6:45AM Studio 2	LES MILLS sprint 6:00AM - 6:30AM Studio 2	LES MILLS RPM 7:00AM - 7:30AM Studio 2	Strength Development 8:00AM - 8:45AM Studio 1
LES MILLS sprint 6:15AM - 6:45AM Studio 2	LES MILLS BODYBALANCE 6:15AM - 7:00AM Studio 4	LES MILLS BODYCOMBAT 6:00AM - 7:00AM Studio 4	LES MILLS BODYBALANCE 6:15AM - 7:00AM Studio 4	KETTLEBELL BOOTCAMP 6:00AM - 6:45AM Studio 3	LES MILLS GRIT MIX 7:50AM - 8:20AM Studio 4	LES MILLS CORE 8:15AM - 8:45AM Studio 4
WOMEN & WEIGHTS 6:15AM - 7:15AM Studio 1	LES MILLS barre 6:30AM - 7:00AM Studio 1	LES MILLS BODYPUMP 6:00AM - 6:30AM Studio 1	LES MILLS barre 6:30AM - 7:00AM Studio 1	LES MILLS BODYPUMP 6:30AM - 7:30AM Studio 1	LES MILLS BODYATTACK 8:00AM - 9:00AM Studio 1	LES MILLS barre 9:00AM - 9:30AM Studio 4
ON DEMAND 6:30AM - 7:45AM Studio 4	ON DEMAND 7:00AM - 7:45AM Studio 4	ON DEMAND 6:30AM - 7:45AM Studio 2	LES MILLS THE TRIP 7:00AM - 7:45AM Studio 2	LES MILLS SHBAM 6:30AM - 7:00AM Studio 4	LES MILLS sprint 8:00AM - 8:30AM Studio 2	LES MILLS RPM 9:00AM - 9:30AM Studio 2
ON DEMAND 7:00AM - 8:45AM Studio 2	LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1	LES MILLS CORE 6:30AM - 7:00AM Studio 1	LES MILLS barre 7:15AM - 7:45AM Studio 4	ON DEMAND 6:45AM - 8:45AM Studio 2	LES MILLS RPM 8:45AM - 9:15AM Studio 2	LES MILLS BODYPUMP 9:00AM - 9:45AM Studio 1
LES MILLS GRIT CARDIO 7:30AM - 8:00AM Studio 1	BARRE above 8:00AM - 8:45AM Studio 4	LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1	Strength Development 8:00AM - 8:45AM Studio 4	LES MILLS BODYATTACK 7:15AM - 7:45AM Studio 4	LES MILLS BODYBALANCE 9:00AM - 9:45AM Studio 4	LES MILLS BODYBALANCE YOGA 9:45AM - 10:45AM Studio 4
LES MILLS BODYBALANCE 8:00AM - 8:45AM Studio 4	LES MILLS BODYPUMP 8:30AM - 9:15AM Studio 1	LES MILLS BODYBALANCE FLEXIBILITY 7:15AM - 7:45AM Studio 4	LES MILLS sprint 8:15AM - 8:45AM Studio 2	LES MILLS GRIT MIX 8:00AM - 8:30AM Studio 4	LES MILLS BODYPUMP 9:10AM - 10:10AM Studio 1	LES MILLS BODYCOMBAT 9:55AM - 10:40AM Studio 1
LES MILLS CORE 8:15AM - 8:45AM Studio 1	LES MILLS THE TRIP 8:30AM - 9:15AM Studio 2	LES MILLS sprint 8:00AM - 8:30AM Studio 2	LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1	LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1	LES MILLS sprint 9:30AM - 10:00AM Studio 2	LES MILLS THE TRIP 10:00AM - 10:45AM Studio 2
LES MILLS BODYSTEP 8:50AM - 9:35AM Studio 1	YOGA 9:00AM - 10:00AM Studio 4	LES MILLS BODYBALANCE 8:00AM - 8:45AM Studio 4	YOGA 9:00AM - 10:00AM Studio 4	LES MILLS Shapes 8:40AM - 9:10AM Studio 4	LES MILLS GRIT STRENGTH 10:00AM - 10:30AM Studio 4	LES MILLS BODYATTACK 11:00AM - 11:45AM Studio 1


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS RPM 9:00AM - 9:45AM Studio 2</p> <p>YOGA 9:00AM - 10:00AM Studio 4</p> <p>LES MILLS BODYBALANCE 10:00AM - 11:00AM Studio 1</p> <p>LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2</p> <p>TAI CHI CONCEPTS 10:30AM - 11:30AM Studio 4</p> <p>LES MILLS SH'BAM 11:15AM - 11:45AM Studio 1</p> <p>LES MILLS sprint 12:00PM - 12:30PM Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1</p> <p>HATHA FLOW YOGA 12:00PM - 1:00PM Studio 4</p> <p>LES MILLS CORE 12:35PM - 1:05PM Studio 1</p> <p>LES MILLS THE TRIP 1:00PM - 1:45PM Studio 2</p> <p>STRENGTH & BALANCE 1:30PM - 2:15PM Studio 4</p> <p>LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio 2</p>	<p>LES MILLS BODYBALANCE 9:20AM - 9:50AM Studio 1</p> <p>LES MILLS RPM 9:30AM - 10:20AM Studio 2</p> <p>ZUMBA toning 10:00AM - 11:00AM Studio 1</p> <p>ON DEMAND 10:30AM - 11:45AM Studio 2</p> <p>PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM Studio 4</p> <p>LES MILLS Shapes 11:05AM - 11:50AM Studio 1</p> <p>LES MILLS THE TRIP 12:00PM - 12:45PM Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 1:00PM Studio 4</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS sprint 1:00PM - 1:30PM Studio 2</p> <p>LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1</p> <p>BOOM OF MIND 1:30PM - 2:15PM Studio 4</p> <p>LES MILLS THE TRIP 1:45PM - 2:30PM Studio 2</p> <p>RESERVED for Y programming 2:30PM - 3:30PM Studio 1</p>	<p>LES MILLS CORE 8:15AM - 8:45AM Studio 1</p> <p>LES MILLS BODYSTEP 8:55AM - 9:40AM Studio 1</p> <p>LES MILLS RPM 9:00AM - 9:45AM Studio 2</p> <p>YOGA 9:00AM - 10:00AM Studio 4</p> <p>ZUMBA gold 10:00AM - 10:45AM Studio 1</p> <p>LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2</p> <p>FELDKRAIS/ BONES FOR LIFE 10:45AM - 11:30AM Studio 4</p> <p>LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio 1</p> <p>RESERVED for Y programming 11:45AM - 12:45PM Studio 4</p> <p>LES MILLS sprint 12:00PM - 12:30PM Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS CORE 12:35PM - 1:05PM Studio 1</p> <p>LES MILLS RPM 12:45PM - 1:15PM Studio 2</p> <p>LES MILLS THE TRIP 1:30PM - 2:15PM Studio 2</p>	<p>LES MILLS RPM 9:15AM - 10:05AM Studio 2</p> <p>LES MILLS BODYBALANCE 9:35AM - 10:05AM Studio 1</p> <p>LES MILLS BODYSTEP 10:15AM - 11:15AM Studio 1</p> <p>LES MILLS sprint 10:15AM - 10:45AM Studio 2</p> <p>PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM Studio 4</p> <p>RESERVED for Y programming 11:00AM - 11:45AM Studio 2</p> <p>GROUP CYCLING 12:00PM - 12:30PM Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 4</p> <p>LES MILLS FUNCTIONAL STRENGTH 12:00PM - 12:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 12:35PM - 1:05PM Studio 4</p> <p>LES MILLS RPM 1:00PM - 1:50PM Studio 2</p> <p>ON DEMAND 1:15PM - 2:15PM Studio 4</p> <p>LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1</p> <p>ON DEMAND 2:00PM - 3:45PM Studio 2</p>	<p>LES MILLS THE TRIP 9:00AM - 9:45AM Studio 2</p> <p>LES MILLS BODYBALANCE 9:20AM - 10:05AM Studio 4</p> <p>LES MILLS BODYCOMBAT 9:35AM - 10:35AM Studio 1</p> <p>LES MILLS RPM 10:00AM - 10:50AM Studio 2</p> <p>BARRE above 10:20AM - 11:05AM Studio 4</p> <p>LES MILLS BODYBALANCE 10:45AM - 11:15AM Studio 1</p> <p>LES MILLS sprint 11:00AM - 11:30AM Studio 2</p> <p>LES MILLS CORE 11:15AM - 11:45AM Studio 4</p> <p>LES MILLS RPM GROUP CYCLING 12:00PM - 12:30PM Studio 2</p> <p>ON DEMAND 12:00PM - 1:15PM Studio 4</p> <p>LES MILLS BODYSTEP 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS THE TRIP 1:00PM - 1:45PM Studio 2</p> <p>LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1</p>	<p>LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2</p> <p>LES MILLS CORE 10:15AM - 10:45AM Studio 1</p> <p>LES MILLS GRIT CARDIO 10:45AM - 11:15AM Studio 4</p> <p>LES MILLS RPM 11:15AM - 12:05PM Studio 2</p> <p>LES MILLS BODYCOMBAT 11:15AM - 12:15PM Studio 1</p> <p>LES MILLS BODYBALANCE 11:30AM - 12:30PM Studio 4</p> <p>ON DEMAND 12:15PM - 3:45PM Studio 2</p> <p>LES MILLS BODYATTACK 12:30PM - 1:30PM Studio 1</p> <p>ON DEMAND 12:45PM - 3:45PM Studio 4</p> <p>LES MILLS BODYPUMP 1:45PM - 2:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 10:00PM - 10:30PM Studio 3</p>	<p>ON DEMAND 11:00AM - 1:45PM Studio 2</p> <p>ON DEMAND 11:00AM - 1:45PM Studio 4</p> <p>LES MILLS BODYCOMBAT 10:00PM - 10:30PM Studio 3</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYATTACK 2:30PM - 3:30PM Studio 1</p> <p><i>RESERVED for Y programming</i> 2:30PM - 3:30PM Studio 4</p> <p> ON DEMAND 3:00PM - 5:00PM Studio 2</p> <p>LES MILLS BODYSTEP 4:30PM - 5:15PM Studio 1</p> <p>LES MILLS Shapes 4:30PM - 5:15PM Studio 4</p> <p>LES MILLS sprint 5:25PM - 5:55PM Studio 2</p> <p>LES MILLS BODYCOMBAT 5:25PM - 6:10PM Studio 4</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p> ON DEMAND 6:15PM - 8:45PM Studio 2</p> <p> YOGA 6:30PM - 7:30PM Studio 4</p> <p>LES MILLS BODYBALANCE 6:35PM - 7:05PM Studio 1</p> <p> LES MILLS GRIT CARDIO 7:30PM - 8:00PM Studio 1</p> <p> ON DEMAND 7:45PM - 8:45PM Studio 4</p> <p> LES MILLS CORE 8:15PM - 8:45PM Studio 1</p>	<p> ON DEMAND 2:30PM - 4:15PM Studio 4</p> <p> ON DEMAND 2:45PM - 4:30PM Studio 2</p> <p>LES MILLS BODYPUMP 4:15PM - 5:15PM Studio 1</p> <p> LES MILLS BODYBALANCE 4:30PM - 5:30PM Studio 4</p> <p> LES MILLS sprint 4:45PM - 5:15PM Studio 2</p> <p>LES MILLS CORE 5:20PM - 5:50PM Studio 1</p> <p> LES MILLS RPM 5:30PM - 6:20PM Studio 2</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 4</p> <p>LES MILLS BODYCOMBAT 5:55PM - 6:40PM Studio 1</p> <p><i>RESERVED for Y programming</i> 6:30PM - 7:45PM Studio 2</p> <p>LES MILLS DANCE 6:30PM - 7:15PM Studio 4</p> <p>LES MILLS FUNCTIONAL STRENGTH 6:50PM - 7:35PM Studio 1</p> <p> AERIAL YOGA 7:30PM - 8:30PM Studio 4</p> <p> ON DEMAND 8:00PM - 8:45PM Studio 2</p>	<p> STRENGTH & BALANCE 1:30PM - 2:15PM Studio 4</p> <p> LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1</p> <p> ON DEMAND 2:30PM - 4:00PM Studio 2</p> <p> LES MILLS BODYATTACK 2:30PM - 3:30PM Studio 1</p> <p><i>RESERVED for Y programming</i> 2:30PM - 3:30PM Studio 4</p> <p>LES MILLS Shapes 4:15PM - 4:45PM Studio 1</p> <p>LES MILLS RPM LES MILLS THE TRIP 4:30PM - 5:15PM Studio 2</p> <p> LES MILLS CORE 4:30PM - 5:00PM Studio 4</p> <p>LES MILLS BODYCOMBAT 4:50PM - 5:20PM Studio 1</p> <p>ESSENTRICS STRETCH & TONE 5:15PM - 6:15PM Studio 4</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p> LES MILLS sprint 5:30PM - 6:00PM Studio 2</p> <p> LES MILLS THE TRIP 6:15PM - 7:00PM Studio 2</p> <p> LES MILLS SH'BAM 6:30PM - 7:15PM Studio 4</p>	<p><i>RESERVED for Programming</i> 2:15PM - 3:30PM Studio 4</p> <p> LES MILLS BODYATTACK 2:30PM - 3:00PM Studio 1</p> <p> LES MILLS CORE 3:15PM - 3:45PM Studio 1</p> <p> GROUP CYCLING 4:00PM - 4:30PM Studio 2</p> <p>LES MILLS BODYPUMP 4:15PM - 5:15PM Studio 1</p> <p>LES MILLS BODYBALANCE 4:30PM - 5:15PM Studio 4</p> <p>LES MILLS BODYATTACK 5:30PM - 6:15PM Studio 1</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio 2</p> <p>LES MILLS BODYBALANCE 5:45PM - 6:30PM Studio 4</p> <p> LES MILLS RPM 6:15PM - 6:45PM Studio 2</p> <p>LES MILLS CORE 6:20PM - 6:50PM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 6:45PM - 7:15PM Studio 4</p> <p> ON DEMAND 7:00PM - 8:45PM Studio 2</p> <p><i>RESERVED for Y programming</i> 7:00PM - 7:30PM Studio 1</p>	<p> ON DEMAND 2:00PM - 4:15PM Studio 2</p> <p> LES MILLS BODYATTACK 2:30PM - 3:30PM Studio 1</p> <p> LES MILLS barre 3:00PM - 3:30PM Studio 4</p> <p> LES MILLS CORE 3:45PM - 4:15PM Studio 1</p> <p> LES MILLS BODYBALANCE 4:15PM - 5:00PM Studio 4</p> <p> LES MILLS THE TRIP 4:30PM - 5:15PM Studio 2</p> <p> LES MILLS BODYATTACK 4:30PM - 5:15PM Studio 1</p> <p> LES MILLS sprint 5:30PM - 6:00PM Studio 2</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p> HATHA FLOW YOGA 5:30PM - 6:30PM Studio 4</p> <p> LES MILLS RPM 6:15PM - 7:05PM Studio 2</p> <p> ON DEMAND 6:45PM - 8:45PM Studio 4</p> <p> LES MILLS BODYCOMBAT 7:00PM - 8:00PM Studio 1</p> <p> ON DEMAND 7:15PM - 8:45PM Studio 2</p>		

Monday



10:00PM - 10:30PM
Studio 3


Tuesday



8:15PM - 8:45PM
Studio 1



10:00PM - 10:30PM
Studio 3

Wednesday


6:45PM - 7:15PM
Studio 1


7:15PM - 8:45PM
Studio 2



7:30PM - 8:45PM
Studio 4


7:30PM - 8:00PM
Studio 1


8:15PM - 8:45PM
Studio 1


10:00PM - 10:30PM
Studio 3

Thursday


7:30PM - 8:45PM
Studio 4


7:45PM - 8:45PM
Studio 1


10:00PM - 10:30PM
Studio 3

Friday


8:15PM - 8:45PM
Studio 1


10:00PM - 10:30PM
Studio 3

Saturday

Sunday

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
DANCE

LES MILLS DANCE is a 45-minute high-energy workout that will challenge and move your members. Each class includes 10 stand-alone tracks, each introducing new choreography. The workout is anchored in 3 cardio peaks, a warmup and cool down. It incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

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
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
barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS
BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

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BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
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The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

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.

