



July/August Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM 5:05AM - 5:55AM	GROUP CYCLING 5:05AM - 5:35AM	LES MILLS RPM 5:05AM - 5:35AM	GROUP CYCLING 5:05AM - 5:35AM	LES MILLS RPM 5:05AM - 5:35AM	LES MILLS THE TRIP 6:00AM - 6:45AM	LES MILLS sprint 7:05AM - 7:35AM
LES MILLS sprint 6:15AM - 6:45AM	ON DEMAND 5:45AM - 8:15AM	LES MILLS sprint 5:45AM - 6:15AM	ON DEMAND 6:00AM - 6:45AM	LES MILLS sprint 6:00AM - 6:30AM	LES MILLS RPM 7:00AM - 7:30AM	ON DEMAND 7:45AM - 8:45AM
ON DEMAND 7:00AM - 8:45AM	LES MILLS THE TRIP 8:30AM - 9:15AM	ON DEMAND 6:30AM - 7:45AM	LES MILLS THE TRIP 7:00AM - 7:45AM	ON DEMAND 6:45AM - 8:45AM	LES MILLS sprint 8:00AM - 8:30AM	LES MILLS RPM 9:00AM - 9:30AM
LES MILLS RPM 9:00AM - 9:45AM	LES MILLS RPM 9:30AM - 10:20AM	LES MILLS sprint 8:00AM - 8:30AM	LES MILLS sprint 8:15AM - 8:45AM	LES MILLS THE TRIP 9:00AM - 9:45AM	LES MILLS RPM 8:45AM - 9:15AM	LES MILLS THE TRIP 10:00AM - 10:45AM
LES MILLS THE TRIP 10:15AM - 11:00AM	ON DEMAND 10:30AM - 11:45AM	LES MILLS RPM 9:00AM - 9:45AM	LES MILLS RPM 9:15AM - 10:05AM	LES MILLS RPM 10:00AM - 10:50AM	LES MILLS sprint 9:30AM - 10:00AM	ON DEMAND 11:00AM - 1:45PM
LES MILLS sprint 12:00PM - 12:30PM	LES MILLS THE TRIP 12:00PM - 12:45PM	LES MILLS THE TRIP 10:15AM - 11:00AM	LES MILLS sprint 10:15AM - 10:45AM	LES MILLS sprint 11:00AM - 11:30AM	LES MILLS THE TRIP 10:15AM - 11:00AM	
LES MILLS THE TRIP 1:00PM - 1:45PM	LES MILLS sprint 1:00PM - 1:30PM	LES MILLS sprint 12:00PM - 12:30PM	RESERVED for Y programming 11:00AM - 11:45AM	LES MILLS RPM GROUP CYCLING 12:00PM - 12:30PM	LES MILLS RPM 11:15AM - 12:05PM	
LES MILLS RPM 2:00PM - 2:50PM	LES MILLS THE TRIP 1:45PM - 2:30PM	LES MILLS RPM 12:45PM - 1:15PM	GROUP CYCLING 12:00PM - 12:30PM	LES MILLS THE TRIP 1:00PM - 1:45PM	ON DEMAND 12:15PM - 3:45PM	
ON DEMAND 3:00PM - 5:00PM	ON DEMAND 2:45PM - 4:30PM	LES MILLS THE TRIP 1:30PM - 2:15PM	LES MILLS RPM 1:00PM - 1:50PM	ON DEMAND 2:00PM - 4:15PM		
LES MILLS sprint 5:25PM - 5:55PM	LES MILLS sprint 4:45PM - 5:15PM	ON DEMAND 2:30PM - 4:00PM	ON DEMAND 2:00PM - 3:45PM	LES MILLS THE TRIP 4:30PM - 5:15PM		
ON DEMAND 6:15PM - 8:45PM	LES MILLS RPM 5:30PM - 6:20PM	LES MILLS RPM LES MILLS THE TRIP 4:30PM - 5:15PM	GROUP CYCLING 4:00PM - 4:30PM	LES MILLS sprint 5:30PM - 6:00PM		
	RESERVED for Y programming 6:30PM - 7:45PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS RPM 6:15PM - 7:05PM		
	ON DEMAND 8:00PM - 8:45PM	LES MILLS THE TRIP 6:15PM - 7:00PM	LES MILLS RPM 6:15PM - 6:45PM	ON DEMAND 7:15PM - 8:45PM		
		ON DEMAND 7:15PM - 8:45PM	ON DEMAND 7:00PM - 8:45PM			

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.

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.

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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.

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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.

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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!

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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.

