



	M	T	W	T	F	S	S
5:00AM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	
6:00AM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	
7:00AM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS SH'BAM
8:00AM	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS BODYPUMP
12:00PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS SH'BAM		LES MILLS ONDEMAND
12:30PM	LES MILLS BODYPUMP		LES MILLS BODYBALANCE				
1:00PM	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND	LES MILLS ONDEMAND		
5:00PM	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT				
6:00PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP			
7:00PM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			

**LES MILLS
BODYPUMP**

A full-body weights workout, Body Pump is for anyone looking to get lean, toned, and fit – fast.

**LES MILLS
BODYCOMBAT**

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

**LES MILLS
BODYBALANCE**

A yoga-based class that will improve your mind, your body, and your life. Strengthen your entire body and leave feeling centred.

**LES MILLS
SH'BAM**

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

**LES MILLS
ONDEMAND**

Your workout, your way – selected timeslots where you can choose what workout you'd like