

GROUP FITNESS/YOGA SCHEDULE

ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

MORNING SCHEDULE (5:30am-12:15pm)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		45' LESMILLS RPM STUDIO 3		45' LESMILLS RPM STUDIO 3			
5:45am	45' LESMILLS BODYPUMP STUDIO 1	55' LESMILLS BODYCOMBAT STUDIO 1	45' LESMILLS BODYPUMP STUDIO 1 A		45' LESMILLS BODYPUMP STUDIO 1 A		
6:00am	30' GRIT STRENGTH STUDIO 2		30' GRIT CARDIO/ATHLETIC STUDIO 2	55' LESMILLS BODYFLOW STUDIO 5	30' LESMILLS SPRINT STUDIO 3		
7:15am						75' HIGH PERFORMANCE CYCLE STUDIO 3	
7:30am		55' ZUMBA toning STUDIO 1		55' ZUMBA toning STUDIO 1		55' LESMILLS BODYPUMP STUDIO 1 A	
7:45am						30' GRIT CARDIO/ATHLETIC STUDIO 2	
8:15am						55' LESMILLS BODYSTEP STUDIO 2	
8:30am	45' LESMILLS BODYCOMBAT STUDIO 1 A 45' LESMILLS RPM STUDIO 3	45' LESMILLS BODYPUMP STUDIO 1 55' LESMILLS BODYFLOW STUDIO 5	45' LESMILLS BODYATTACK STUDIO 1 45' LESMILLS RPM STUDIO 3	45' LESMILLS BODYPUMP STUDIO 1 55' LESMILLS BODYFLOW STUDIO 5	45' LESMILLS BODYSTEP STUDIO 1 A 45' LESMILLS RPM STUDIO 3	55' LESMILLS BODYATTACK STUDIO 1 30' LESMILLS CXWORX STUDIO 5	45' LESMILLS RPM STUDIO 3 55' HEATED POWER YOGA STUDIO 5
9:00am	30' GRIT STRENGTH STUDIO 2	45' LESMILLS RPM STUDIO 3	30' LESMILLS CXWORX STUDIO 2	45' LESMILLS RPM STUDIO 3	30' GRIT CARDIO/ATHLETIC STUDIO 2	45' LESMILLS RPM STUDIO 3	55' LESMILLS BODYCOMBAT STUDIO 1
9:15am	55' LESMILLS BODYPUMP STUDIO 1 A 55' HEATED POWER YOGA STUDIO 5	55' LESMILLS BODYATTACK STUDIO 1 30' GRIT STRENGTH STUDIO 2	55' LESMILLS BODYPUMP STUDIO 1 55' HEATED POWER YOGA STUDIO 5	55' LESMILLS BODYCOMBAT STUDIO 1 30' GRIT CARDIO/ATHLETIC STUDIO 2	55' LESMILLS BODYPUMP STUDIO 1 A 55' HEATED POWER YOGA STUDIO 5	tone STUDIO 2 A	
9:30am	45' tone STUDIO 2 30' LESMILLS SPRINT STUDIO 3		45' tone STUDIO 2 30' LESMILLS SPRINT STUDIO 3		30' LESMILLS CXWORX STUDIO 2	55' LESMILLS BODYCOMBAT STUDIO 1 55' LESMILLS BODYFLOW STUDIO 5	30' LESMILLS CXWORX STUDIO 2
9:45am		30' LESMILLS CXWORX STUDIO 2 30' HEATED POWER YOGA STUDIO 5		45' tone STUDIO 2 30' HEATED POWER YOGA STUDIO 5			30' LESMILLS SPRINT STUDIO 3
10:00am					30' LESMILLS BODYCOMBAT STUDIO 2	30' LESMILLS SPRINT STUDIO 3	55' LESMILLS BODYPUMP STUDIO 1 55' YOGA STUDIO 5
10:15am	30' LESMILLS BODYATTACK STUDIO 1	30' LESMILLS BODYPUMP STUDIO 1 30' LESMILLS SPRINT STUDIO 3	55' LESMILLS BODYSTEP STUDIO 1	30' LESMILLS CXWORX STUDIO 1 30' LESMILLS SPRINT STUDIO 3	55' LESMILLS BODYJAM STUDIO 1	55' LESMILLS BODYPUMP STUDIO 2	
10:30am	55' YOGA STUDIO 5	55' MAT PILATES / YOGA STUDIO 5	55' YOGA STUDIO 5		55' LESMILLS BODYFLOW STUDIO 5	55' ZUMBA STUDIO 1	
10:45am				45' MAT PILATES STUDIO 5			
11:00am						55' HEATED POWER YOGA STUDIO 5 A	55' LESMILLS BODYSTEP STUDIO 1 55' LESMILLS BODYFLOW STUDIO 5
12:15pm	45' LESMILLS BODYPUMP STUDIO 1		45' LESMILLS BODYPUMP STUDIO 1		45' LESMILLS BODYPUMP STUDIO 1		

30' CLASS LENGTH 45' STRENGTH 55' CARDIO 55' HIIT 30' MIND/BODY A AMBASSADOR

New to Group Fitness? Try an Ambassador Class!

One of our friendly, knowledgeable class Ambassadors will meet you before class starts, help you get set up, introduce you to the instructor, and make sure you feel comfortable. Your Ambassador will even take a few tracks with you! This is a great way to give classes a try. Whether you are brand new to group fitness classes or have been a member for years, the Ambassador program can help you find a new, fun way to exercise!

GROUP FITNESS/YOGA SCHEDULE

ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

EVENING SCHEDULE (4:00pm-7:15pm)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00pm							LES MILLS BODYFLOW STUDIO 5
4:30pm	LES MILLS RPM STUDIO 3	LES MILLS BODYPUMP STUDIO 1	LES MILLS RPM STUDIO 3	LES MILLS BODYPUMP STUDIO 1			
5:00pm	LES MILLS CXWORX STUDIO 1		LES MILLS CXWORX STUDIO 1	LES MILLS SPRINT STUDIO 3			
5:15pm	LES MILLS GRIT STRENGTH STUDIO 2		LES MILLS GRIT CARDIO/ATHLETIC STUDIO 2				
5:30pm	LES MILLS BODYPUMP STUDIO 1 A LES MILLS HEATED POWER YOGA STUDIO 5 LES MILLS RPM STUDIO 3 A	LES MILLS BODYCOMBAT STUDIO 1 LES MILLS CXWORX STUDIO 2	LES MILLS BODYPUMP STUDIO 1 A LES MILLS HEATED POWER YOGA STUDIO 5 LES MILLS RPM STUDIO 3 A	LES MILLS BODYATTACK STUDIO 1 A LES MILLS CXWORX STUDIO 2	LES MILLS BODYPUMP STUDIO 1		
5:45pm	LES MILLS BODYSTEP STUDIO 2 A	LES MILLS RPM STUDIO 3 LES MILLS MAT PILATES STUDIO 5	LES MILLS BODYCOMBAT STUDIO 2	LES MILLS RPM STUDIO 3 LES MILLS MAT PILATES STUDIO 5			
6:00pm		LES MILLS BODYATTACK STUDIO 2		LES MILLS BODYSTEP STUDIO 2			
6:30pm	LES MILLS ZUMBA STUDIO 1 LES MILLS SPRINT STUDIO 3	LES MILLS TONE STUDIO 1 A LES MILLS BODYPUMP STUDIO 2	LES MILLS ZUMBA STUDIO 1 LES MILLS SPRINT STUDIO 3	LES MILLS BODYJAM STUDIO 1 LES MILLS BODYPUMP STUDIO 2			
6:40pm	LES MILLS YOGA STUDIO 5	LES MILLS BODYFLOW STUDIO 5	LES MILLS YOGA STUDIO 5	LES MILLS BODYFLOW STUDIO 5 A			
6:45pm	LES MILLS BODYCOMBAT STUDIO 2		LES MILLS BODYSTEP STUDIO 2				

CLASS LENGTH STRENGTH CARDIO HIIT MIND/BODY A AMBASSADOR

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. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LES MILLS BODYSTEP | Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

LES MILLS BODYCOMBAT | BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

LES MILLS BODYATTACK | BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LES MILLS 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. With great music pumping, our instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. It's a journey, not a race!

tone | If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, TONE has a wide variety of options accommodating all fitness levels ensuring you leave the workout feeling successful.

LES MILLS CXWORX | Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS BODYJAM | Choreographed by Gandalf Archer-Mills in Auckland, New Zealand, BODYJAM™ is the ultimate combination of music and dance. Tracks that you love right now? They're in BODYJAM.

LES MILLS BODYFLOW | Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS SPRINT | LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (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. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

LES MILLS GRIT CARDIO | LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT STRENGTH | LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT ATHLETIC | LES MILLS GRIT™ Athletic is a 30-minute high-intensity interval training (HIIT) designed to make you perform like an athlete. Athletic takes speed, strength and agility and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

ZUMBA | A latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exhilarating, and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body using an aerobics/fitness approach. This class known as a ZUMBA® Fitness Party is for participants of all ages and fitness levels.

MAT PILATES | This original 'core workout' will change your whole body and help you gain flexibility & strength. A certified instructor will guide you through floor and standing exercise. Modifications can be made for all fitness levels.

YOGA | Improve your flexibility, balance and strength while connecting movement to breath during various types of yoga exercises. You'll enjoy both physical and mental benefits.

HEATED POWER YOGA | Powerful, energetic form of yoga held in studio heated to 90 degrees. You'll be led to move fluidly from one pose to the next while connecting breath to movement. This type of yoga strengthens your body, increases flexibility and promotes stamina while improving posture and balance. You will physically sweat, release toxins and re-energize your body.