

# Virtual class timetable

Our purpose designed virtual studio hosts over 90 Les Mills sessions per week.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
06.15 06.45	BodyBalance™	06.15 06.45	BodyCombat™	06.15 07.00	BodyPump™	06.15 06.45	BodyCombat™	06.15 06.45	CXWorx™	07.15 07.45	CXWorx™	07.15 07.45	BodyBalance™
07.15 07.45	CXWorx™	07.15 07.45	CXWorx™	07.15 08.00	Sh'Bam™	07.15 08.00	BodyPump™	07.15 07.45	BodyCombat™	08.00 08.45	Sh'Bam™	08.00 09.00	BodyCombat™
08.00 09.00	BodyPump™	08.00 08.45	BodyPump™	08.15 08.45	BodyBalance™	08.15 08.45	CXWorx™	08.00 08.45	BodyPump™	09.00 10.00	BodyPump™	09.15 10.00	Sh'Bam™
13.30 14.25	BodyBalance™	12.30 13.00	CXWorx™	09.00 09.30	CXWorx™	09.00 09.45	Sh'Bam™	09.00 10.00	BodyBalance™	10.15 11.15	BodyCombat™	10.15 10.45	CXWorx™
15.00 15.55	BodyPump™	13.15 14.15	BodyCombat™	10.00 11.00	BodyPump™	10.00 11.00	BodyBalance™	10.15 11.15	BodyCombat™	11.30 12.15	Born To Move™	11.00 12.00	BodyPump™
16.15 17.10	BodyCombat™	14.30 15.00	Sh'Bam™	11.15 12.00	Sh'Bam™	11.15 11.45	CXWorx™	11.30 12.15	Sh'Bam™	13.00 14.00	BodyPump™	12.30 13.15	Born To Move™
17.15 17.45	CXWorx™	15.15 16.15	BodyBalance™	12.30 13.00	BodyCombat™	12.30 13.00	BodyPump™	12.30 13.00	CXWorx™	14.15 15.00	Sh'Bam™	13.30 14.30	BodyCombat™
18.00 18.55	BodyBalance™	16.30 17.00	Born To Move™	13.15 13.45	CXWorx™	13.15 14.15	BodyBalance™	13.15 14.15	BodyPump™	15.15 15.45	CXWorx™	15.00 15.45	Sh'Bam™
19.15 19.55	BodyCombat™	17.15 18.00	BodyPump™	14.00 15.00	BodyBalance™	14.30 15.00	Sh'Bam™	14.30 15.00	CXWorx™	16.00 17.00	BodyPump™	16.00 16.30	CXWorx™
20.15 20.45	CXWorx™	18.15 19.00	Sh'Bam™	15.15 16.15	BodyPump™	15.15 16.10	BodyCombat™	15.15 16.00	Sh'Bam™	17.15 18.15	BodyCombat™	16.45 17.45	BodyPump™
21.15 21.45	BodyBalance™	19.15 19.45	CXWorx™	16.30 17.00	Born To Move™	16.15 16.50	Born To Move™	16.30 17.15	Born To Move™	18.30 19.00	CXWorx™	18.00 18.30	BodyBalance™
		20.00 21.00	BodyCombat™	17.15 18.15	BodyCombat™	18.15 19.10	BodyCombat™	17.30 18.00	Sh'Bam™				
		21.15 21.45	BodyBalance™	18.30 19.00	BodyBalance™	19.15 19.45	BodyBalance™	18.15 18.45	BodyBalance™				
				19.15 20.00	BodyPump™	20.15 21.00	BodyPump™	19.15 20.15	BodyCombat™				
				20.15 21.00	Sh'Bam™	21.15 21.45	Sh'Bam™	20.30 21.00	BodyPump™				
				21.15 21.45	CXWorx™			21.15 21.45	CXWorx™				

Please advise your instructor of any **medical conditions** that may affect your ability to exercise. Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception. Non-members may book 2 days in advance.

# Virtual class descriptions



## LES MILLS **BODYPUMP**

**Les Mills BODYPUMP™** class is *the* original barbell fitness class! It's a fantastic full body workout that challenges all major muscle group. Get lean, build strength and tone muscle with **BODYPUMP**, a group-based barbell class to work all your major muscle groups



## LES MILLS **BODYBALANCE**

Ideal for anyone and everyone, **Les Mills 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.



## LES MILLS **CXWORX**

Exercising muscles around the core, **Les Mills CXWORX™** provides the vital ingredient for a stronger body. All the moves in **CXWORX** have options, so it's challenging but achievable for your own level of fitness.



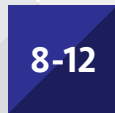
## LES MILLS **SH'BAM**

**Les Mills SH'BAM™** is a fun-loving, insanely addictive dance workout – no dance experience required. Your virtual instructor will guide you through a series of simple yet sassy dance moves, all set to a party playlist.



## LES MILLS **BODYCOMBAT**

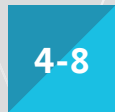
**Les Mills BODYCOMBAT™** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.



8-12

## **BORN TO MOVE** LES MILLS

**Les Mills BORN TO MOVE™** classes are jam-packed with smiles, laughter, singing and fun. Each class teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. Parental supervision is required.



4-8

## **BORN TO MOVE** LES MILLS

Ages **4-8** & **8-12**