

LesMills BODYPUMP VIRTUAL

BODYPUMP[™] is for anyone looking to get lean, toned and fit – fast. Research has confirmed that BODYPUMP[™] has strong calorie and fat-burning effects improving aerobic fitness, muscular strength and endurance. 30 & 55 MINUTE WORKOUTS

Lesmills BODYCOMBAT VIRTUAL

This high-energy martial arts workout works your legs, tones your arms, back and shoulders and provides phenomenal core training – equal to the core activation of 1700 crunches! You destroy calories, develop coordination, agility and speed. BODYCOMBAT[™] combines non-contact kicking and punching with fresh functional training moves designed to improve your speed, fitness and agility. 30 & 55 MINUTE WORKOUTS

LESMILLS SH'BAM VIRTUAL

A fun-loving, insanely addictive dance workout. SH'BAM[™] is an ego-free zone, no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! Great for those who want a workout that doesn't feel like working out. 30 & 45 MINUTE WORKOUTS

LesMILLS CXWORX VIRTUAL

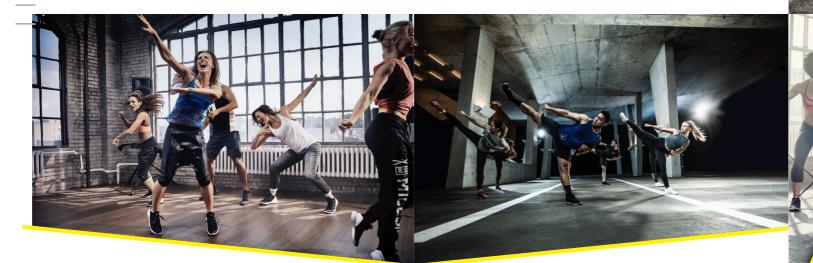
CXWORK[™] is results-focused core training that will get you stronger and leaner. Incorporating CXWORK[™] into your training regime makes your other workouts more effective. Increase your core strength, tone your abs, butt & legs, improve posture and prevent injuries. Regardless of your fitness level, you can continually challenge yourself in CXWORK[™]. 30 MINUTE WORKOUTS

LesMills **RPM VIRTUAL**

Tune in to some great music and get your pedals spinning as you take a journey of hill climbs, sprints and flat riding scientifically develops and regularly tested to ensure excellent results. You control your own resistance levels and speed so you can build up your fitness level over time. 30 & 45 MINUTE WORKOUTS

LESMILLS BODYBALANCE VIRTUAL

Ideal for anyone and everyone, BODYBALANCE[™] is the yoga-based class that will improve your mind, your body and your life. This vitality-boosting program can help reduce body fat, increase core strength, improve flexibility and ease anxiety. If you want youthful energy and vitality, BODYBALANCE[™] is a great way to get it! 30 & 45 MINUTE WORKOUTS



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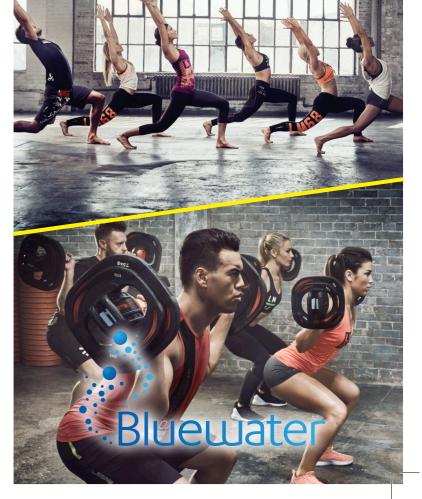
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TIME		MONDAY		TUESDAY		WEDNESDAY	(THURSDAY	,	FRIDAY		TIME	SATURDA	Y	SUNDAY	(
6:15an	n (XWORX	307	. 1944		BODYPUMP	55	1		BODYCOMBA	65	8:10am	BODYPUMP	55	BODYPUMP	55
7:30 am	n /	BODYPUMP	30)	CXWORX	30)	BODYBALANCE	307	BODYCOMBAT	30)	RPM	30)	9:15am	CXWORX	30	BODYCOMBA	30
9:30am	n I	BODYCOMBAT	30)	2		RPM	45	31		CXWORX	30)	10:00am	BODYPUMP	55	RPM	45
10:30ar	m	BODYPUMP	55	SH'BAM	45	CXWORX	307	BODYBALANCE	5 5	BODYCOMBA	55	11:00am	BODYBALANC	E (55	CXWORX	30
12:00pr	m	R PM	307	BODYCOMBAT	30	BODYPUMP	307	CXWORX	307	RPM	30)	12:00pm	RPM	30	SH'BAM	30
12:45pr	m /	BODYPUMP	30)	CXWORX	30)	RPM	30)	RPM	307	BODYPUMP	307	12:45pm	CXWORX	30	BODYBALAN	CE 30
1:30pm	n (CXWORX	30)	BODYPUMP	30	CXWORX	30)	BODYPUMP	30	BODYCOMBA	30)	1:30pm	BODYCOMBA	30	BODYPUMP	30
3:45pm	n 🤇	SH'BAM	30)	CXWORX	30)	BODYPUMP	30	BODYCOMBAT	30)	CXWORX	30	2:00pm	BODYPUMP	55	CXWORX	30
4:25pm	n 🛔	BODYPUMP	307	BODYCOMBAT	55	SH'BAM	45	RPM	30)	BODYPUMP	55	3:00pm	SH'BAM	45	RPM	45
6:00pm	n 🛔	BODYPUMP	5 5			BODYPUMP	55					1944				223
7:00pm	n (CXWORX	307	BODYBALANCE	55	BODYCOMBAT	55					and a				
7:30pm	n	9						BODYPUMP	30			1	A. T. A			



CXWORX

BODYPUMP

7:30am

9:30am	BODYCOMBAT	30	0		RPM	45			CXWORX	30)	TU:UUam	BODYPUMP	9	RPM	-45
10:30am	BODYPUMP	55	SH'BAM	45	CXWORX	30	BODYBALANCE	55	BODYCOMBAT	55	11:00am	BODYBALANCE	65	CXWORX	30
12:00pm	RPM	307	BODYCOMBAT	307	BODYPUMP	30	CXWORX	307	RPM	30)	12:00pm	RPM	30)	SH'BAM	30
12:45pm	BODYPUMP	30'	CXWORX	307	RPM	30	RPM	30	BODYPUMP	307	12:45pm	CXWORX	30	BODYBALANCI	30
1:30pm	CXWORX	30'	BODYPUMP	307	CXWORX	30	BODYPUMP	30	BODYCOMBAT	30)	1:30pm	BODYCOMBAT	30	BODYPUMP	307
3:45pm	SH'BAM	307	CXWORX	307	BODYPUMP	307	BODYCOMBAT	307	CXWORX	307	2:00pm	BODYPUMP	55	CXWORX	30
4:25pm	BODYPUMP	307	BODYCOMBAT	55	SH'BAM	45	RPM	307	BODYPUMP	55	3:00pm	SH'BAM	45	RPM	45
6:00pm	BODYPUMP	55			BODYPUMP	55					and a				
7:00 pm	CXWORX	307	BODYBALANCE	655	BODYCOMBAT	55					4				
7:30pm	3						BODYPUMP	30			1.4.1				

SATURDAY

ODYPUMP

55

30)

TIME

8:10am

9:15am CXWORX

SUNDAY

BODYCOMBAT 🞯

ODYPUMP

55