



LES MILLS **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

LES MILLS **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

LES MILLS **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



LES MILLS **CXWORK 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

LES MILLS **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

LES MILLS **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



LES MILLS **VIRTUAL STUDIO**



Bluewater



LES MILLS VIRTUAL STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30am	BODYPUMP 30'	BODYCOMBAT 30'	BODYPUMP 30'	BODYCOMBAT 30'	RPM 30'	8:10am	CXWORX 30'	BODYPUMP 55'
6:15am	CXWORX 30'		BODYPUMP 55'		BODYCOMBAT 55'	9:15am	BODYPUMP 30'	BODYCOMBAT 30'
7:30am	BODYCOMBAT 30'	CXWORX 30'	BODYBALANCE 30'	BODYCOMBAT 30'	RPM 30'	10:00am	BODYPUMP 55'	RPM 45'
9:30am	BODYPUMP 30'		RPM 45'		CXWORX 30'	11:00am	BODYBALANCE 55'	CXWORX 30'
10:30am	BODYPUMP 55'	SH'BAM 45'	CXWORX 30'	BODYBALANCE 55'	BODYCOMBAT 55'	12:00pm	RPM 30'	SH'BAM 30'
12:00pm	RPM 30'	BODYCOMBAT 30'	BODYPUMP 30'	CXWORX 30'	RPM 30'	12:45pm	CXWORX 30'	BODYBALANCE 30'
12:45pm	BODYPUMP 30'	CXWORX 30'	RPM 30'	RPM 30'	BODYPUMP 30'	1:30pm	BODYCOMBAT 30'	BODYPUMP 30'
1:30pm	CXWORX 30'	BODYPUMP 30'	CXWORX 30'	BODYPUMP 30'	BODYCOMBAT 30'	2:00pm	BODYPUMP 55'	CXWORX 30'
3:45pm	SH'BAM 30'	CXWORX 30'	BODYPUMP 30'	BODYCOMBAT 30'	CXWORX 30'	3:00pm	SH'BAM 45'	RPM 45'
4:25pm	BODYPUMP 55'	BODYCOMBAT 55'	RPM 45'	SH'BAM 45'	BODYPUMP 55'			
6:00pm	BODYPUMP 55'		BODYPUMP 55'		BODYCOMBAT 30'			
7:00pm	CXWORX 30'		SH'BAM 45'					
7:30pm				BODYPUMP 30'				

*On demand classes are available after hours in our Les Mills studio.