



## 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	<b>BODYPUMP</b> 30'	<b>BODYCOMBAT</b> 30'	<b>BODYPUMP</b> 30'	<b>BODYCOMBAT</b> 30'	<b>RPM</b> 30'	8:10am	<b>CXWORX</b> 30'	<b>BODYPUMP</b> 55'
6:15am	<b>CXWORX</b> 30'		<b>BODYPUMP</b> 55'		<b>BODYCOMBAT</b> 55'	9:15am	<b>BODYPUMP</b> 30'	<b>BODYCOMBAT</b> 30'
7:30am	<b>BODYCOMBAT</b> 30'	<b>CXWORX</b> 30'	<b>BODYBALANCE</b> 30'	<b>BODYCOMBAT</b> 30'	<b>RPM</b> 30'	10:00am	<b>BODYPUMP</b> 55'	<b>RPM</b> 45'
9:30am	<b>BODYPUMP</b> 30'		<b>RPM</b> 45'		<b>CXWORX</b> 30'	11:00am	<b>BODYBALANCE</b> 55'	<b>CXWORX</b> 30'
10:30am	<b>BODYPUMP</b> 55'	<b>SH'BAM</b> 45'	<b>CXWORX</b> 30'	<b>BODYBALANCE</b> 55'	<b>BODYCOMBAT</b> 55'	12:00pm	<b>RPM</b> 30'	<b>SH'BAM</b> 30'
12:00pm	<b>RPM</b> 30'	<b>BODYCOMBAT</b> 30'	<b>BODYPUMP</b> 30'	<b>CXWORX</b> 30'	<b>RPM</b> 30'	12:45pm	<b>CXWORX</b> 30'	<b>BODYBALANCE</b> 30'
12:45pm	<b>BODYPUMP</b> 30'	<b>CXWORX</b> 30'	<b>RPM</b> 30'	<b>RPM</b> 30'	<b>BODYPUMP</b> 30'	1:30pm	<b>BODYCOMBAT</b> 30'	<b>BODYPUMP</b> 30'
1:30pm	<b>CXWORX</b> 30'	<b>BODYPUMP</b> 30'	<b>CXWORX</b> 30'	<b>BODYPUMP</b> 30'	<b>BODYCOMBAT</b> 30'	2:00pm	<b>BODYPUMP</b> 55'	<b>CXWORX</b> 30'
3:45pm	<b>SH'BAM</b> 30'	<b>CXWORX</b> 30'	<b>BODYPUMP</b> 30'	<b>BODYCOMBAT</b> 30'	<b>CXWORX</b> 30'	3:00pm	<b>SH'BAM</b> 45'	<b>RPM</b> 45'
4:25pm	<b>BODYPUMP</b> 55'	<b>BODYCOMBAT</b> 55'	<b>RPM</b> 45'	<b>SH'BAM</b> 45'	<b>BODYPUMP</b> 55'			
6:00pm	<b>BODYPUMP</b> 55'		<b>BODYPUMP</b> 55'		<b>BODYCOMBAT</b> 30'			
7:00pm	<b>BODYBALANCE</b> 30'		<b>SH'BAM</b> 45'					
7:30pm				<b>BODYPUMP</b> 30'				

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