

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

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

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

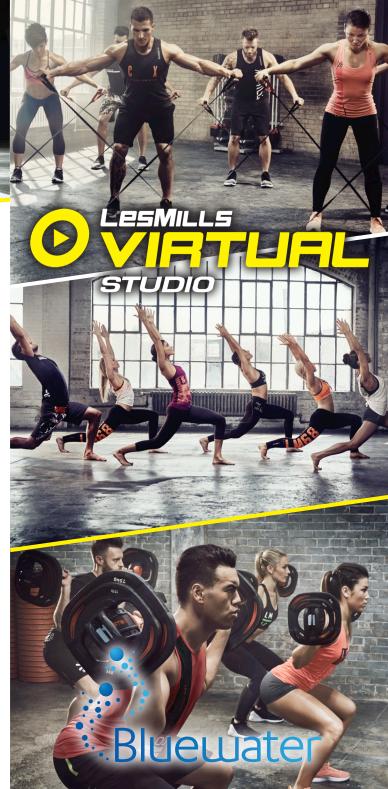
RPM VIRTUAL

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

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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ı	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
l	5:30am	BODYPUMP 🐠	BODYCOMBAT 🐠	BODYPUMP 🐠	BODYCOMBAT 📀	RPM 🐠	8:10am	CXWORX 🐠	BODYPUMP (55)	
ı	6:15am	CXWORX 30		BODYPUMP (55)		BODYCOMBAT 🚭	9:15am	BODYPUMP 30	BODYCOMBAT 🚳	
ı	7:30am	BODYCOMBAT 🐠	CXWORX 30	BODYBALANCE 🐠	BODYCOMBAT 🐠	RPM 🧼	10:00am	BODYPUMP 5	RPM 😺	
ı	9:30am	BODYPUMP 🐠		RPM 🐠		CXWORX 😥	11:00am	BODYBALANCE (55)	CXWORX 🐠	
ı	10:30am	BODYPUMP 65	SH'BAM 45	CXWORX 39	BODYBALANCE (55)	BODYCOMBAT 🕏	12:00pm	RPM 30	SH'BAM 🐠	
ı	12:00pm	RPM 30	BODYCOMBAT 🐠	BODYPUMP 30	CXWORX 30	RPM 🐠	12:45pm	CXWORX 30	BODYBALANCE 🐠	
ı	12:45pm	BODYPUMP 🐠	CXWORX 30	RPM 30	RPM 🐠	BODYPUMP 🐠	1:30pm	BODYCOMBAT 🐼	BODYPUMP 🚳	
ı	1:30pm	CXWORX 30	BODYPUMP 30	CXWORX 30	BODYPUMP 🐠	BODYCOMBAT 📀	2:00pm	BODYPUMP 5	CXWORX 🐠	
	3:45pm	SH'BAM 30	CXWORX 30	BODYPUMP 🐠	BODYCOMBAT 📀	CXWORX 😥	3:00pm	SHBAM 45	RPM 🐠	
	4:25pm	BODYPUMP 55	BODYCOMBAT (55)	RPM 3	SH'BAM 🐠	BODYPUMP 65	100	VIA V		
	6:00pm	BODYPUMP 55		BODYPUMP 55		BODYCOMBAT 🐠	*	On demand classes are available fter hours in our Les Mills studio.		
	7:00pm	BODYBALANCE 🐠		SH'BAM &						

BODYPUMP

7:30pm

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