# **D BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

## **D LESMILLS BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

# **D** LESMILLS BODYCOMBAT

Get fast, fit and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

# **D BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

# **OCORE**

A 45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Get fit fast with moves from martial arts, sports conditioning, dance and yoga.

This timetable is correct at time of print. Classes and times are subject to change at any time. Please check at Reception for the latest version.

### GRIT ATHLETIC

A 30-minute high-intensity interval training (HIIT).

### GRIT STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

### GRIT CARDIO

High-intensity interval training that improves cardiovascular fitness.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

### **ONDEMAND**

Choose your own virtual class! Choose from a wide selection of classes along with the length of the class, within the time allocated.

#### **CLASS CAPACITIES**

RPM & SPRINT 20
BODYPUMP 16
GRIT 16
All other classes 18





### **TIMETABLE**

Valid from 28th February 2024

Lifestyle
Active Life
Healthy Life
Live Life



### VIRTUAL FITNESS TIMETABLE



#### **MONDAY**

#### **TUESDAY**

**WEDNESDAY** 

### **THURSDAY**

#### **FRIDAY SATURDAY**

10:30 - 11:15 BODY COMBAT<sup>TM</sup>

BODY PUMPTM





13:30 - 14:20  $\mathbf{RPM}^{\mathsf{TM}}$ 



12:45 - 13:30

15:00 - 15:45

16:00 - 17:00

ON DEMAND

Choose your own class

ON DEMAND

Choose your own class

BODY COMBAT<sup>TM</sup>

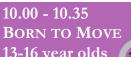
12.00 - 12.30

11:30 - 12:30 ON DEMAND Choose your own class

13:00 - 13:45 BODYBALANCE<sup>TM</sup>



07.00 - 07.30  $\mathbf{G}\mathbf{R}\mathbf{I}\mathbf{T}^{\mathrm{TM}}$ **ATHLETIC** 



13-16 year olds (35')

12:45 - 13:45 ON DEMAND

CORETM

Choose your own class

11:00 - 12:00 ON DEMAND Choose your own class

14:00 - 14:45 BODYATTACK<sup>TM</sup>

16:00 - 17:00 ON DEMAND Choose your own class

15:15 - 16:15 ON DEMAND 17:30 - 18:30 ON DEMAND Choose your own class



Choose your own class

Mind Cardio/ Aerobic Condition **Body** HIIT Cycling Other

### **GROUP EXERCISE ETIQUETTE**

For the safety and comfort of all group exercise users, we kindly request you read and understand the etiquette guidelines which can be found on the Dance Studio wall and also on our website.

For health and safety and to prevent disruption to other members, please arrive 5 minutes before the class begins. This also allows you to complete any set ups that may be required before the class starts.

Please inform a member of staff if you have any medical conditions that we should be aware of before you participate in any of the virtual sessions.

Thank you.

### WHAT TO EXPECT FROM YOUR VIRTUAL CLASS

LES MILLS ™ Virtual workouts combine the world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. With your instructor being on the screen rather than in-person, you will be lead through the class in the same way, with clear and concise instructions. If you have any questions please do not hesitate to ask at Reception.