

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 45 min Total Toning	06:30 30 min LMV Sprint	06:15 45 min HYROX Engine	06:30 50 min LMV RPM	06:15 45 min Box HIIT	08:00 30 min LMV GRIT	07:30 45 min LMV The Trip
06:30 1 hr LMV BodyBalance	07:30 1 hr LMV BodyCombat	06:30 1 hr LMV BodyAttack	06:30 1 hr Ride & Burn	06:30 30 min LMV Sprint	09:00 30 min LMV Sprint	09:00 45 min HYROX Complete
08:00 1 hr LMV BodyCombat	08:30 1 hr LMV BodyBalance	07:30 1 hr LMV BodyCombat	07:30 1 hr LMV BodyAttack	07:45 45 min Total Toning	09:15 1 hr Hatha Yoga	09:30 1 hr Hatha Yoga
10:00 1 hr Pilates	09:30 45 min HYROX Foundational	09:00 30 min LMV GRIT	08:30 30 min LMV GRIT	09:15 45 min Pilates	12:00 1 hr LMV BodyAttack	12:30 50 min LMV RPM
10:30 30 min LMV Sprint	12:30 50 min LMV RPM	09:30 1 hr Beginners Yoga	09:30 1 hr LMV BodyCombat	12:00 50 min LMV RPM	13:30 1 hr LMV BodyBalance	16:00 1 hr LMV BodyBalance
12:00 45 min LM BodyPump Heavy	17:45 45 min Mat Sculpt	11:00 30 min LMV Sprint	11:00 1 hr LMV BodyBalance	13:00 1 hr LMV BodyAttack	15:00 30 min LMV Sprint	17:30 50 min LMV RPM
17:00 1 hr LMV BodyAttack	18:30 1 hr LMV BodyCombat	12:00 45 min LM BodyPump Heavy	12:30 30 min LMV GRIT	15:00 30 min LMV Sprint	17:30 45 min LMV The Trip	18:30 30 min LMV GRIT
18:00 45 min Total Toning	18:40 45 min Mat Sculpt	17:30 45 min Pilates	17:00 1 hr LMV BodyCombat	17:30 45 min LM BodyPump Heavy	19:00 30 min LMV GRIT	19:30 1 hr LMV BodyBalance
18:55 30 min Core	19:30 1 hr Pilates	17:30 30 min LMV Sprint	18:30 45 min Live Spin	18:30 50 min LMV RPM		
19:00 30 min LM Sprint	19:35 45 min HYROX Complete	18:30 45 min HYROX Power	19:00 45 min Sculpt	20:30 30 min LMV GRIT Cardio		
19:30 1 hr Hatha Yoga	20:30 30 min LMV GRIT Cardio	18:40 1 hr Restorative Yoga	19:30 1 hr LMV BodyAttack			
20:30 30 min LMV Sprint		20:00 45 min Dance FIT	19:50 1 hr Pilates			
		20:30 50 min LMV RPM	20:30 30 min LMV Sprint			

CLASS DESCRIPTIONS

STUDIO 1 — STRENGTH & CONDITIONING

Box HIIT

A high-intensity interval training class that combines boxing-inspired combinations with explosive cardio and strength intervals for a knockout full-body workout.

LM BodyPump™

The original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetitions, BodyPump gives you a total body workout that burns calories, strengthens and tones.

LM GRIT™ Strength

A 30-minute high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle. Uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

Total Tone

Build strength, boost endurance and sculpt your entire body. This full-body conditioning class targets all major muscle groups using a combination of strength training, functional movements and controlled cardio intervals.

Zumba

A high-energy dance fitness class blending Latin and international music with easy-to-follow choreography, for a total-body workout that feels more like a party than exercise.

STUDIO 2 — MIND & BODY

Pilates

A low-impact, full-body workout focused on building core strength, improving posture, enhancing flexibility and increasing overall body awareness.

Restorative Yoga

A gentle yoga practice incorporating pranayama with mindful meditation, finishing with a relaxation that will leave you with an enhanced sense of well-being.

SPIN ROOM — CYCLING

Live Spin

Improves strength endurance, speed and power.

LM Sprint

High-intensity interval training on an indoor bike. A short, intense style of training where the thrill and the motivation come from pushing your physical and mental limits. Also runs as a virtual class.

Ride & Burn

High-intensity interval work. Ride & Burn tones muscles and maximises weight loss with a combination of spin and weights.

HYROX

HYROX Foundational

A straightforward class that resembles traditional circuit training. The objective is to build baseline fitness: strength, endurance, some aerobic capacity, agility and skill work.

HYROX Engine

Boosts endurance, aerobic capacity, lactate threshold and tolerance. Uses a series of intervals, compromised workouts and sprint efforts to develop speed, VO2 max and endurance. Ideal if you are a more powerful athlete who needs to work on aerobic capacity.

HYROX Power

Muscular strength and endurance is critical in a HYROX race. You need to recruit tremendous muscular power, move weight over time, and do it while fatigued. Ideal for athletes who need to build muscle and strength.

HYROX Complete

The most race-specific workout: a blend of aerobic and lactic conditioning with strength and HYROX-specific skills. Complete classes prepare you for the physiological demands of a HYROX race, challenging you physically and mentally while building familiarity and comfort in that discomfort.

VIRTUAL CLASS — LES MILLS VIRTUAL

LM BodyAttack

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

LM BodyBalance

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

LM BodyCombat

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

LM GRIT™ Cardio

High-intensity interval training that improves cardiovascular fitness.

LM RPM

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

LM Sh'Bam

Fun-loving and insanely addictive dance workout. No dance experience required!

LM The Trip

A totally unique workout experience combining a multi-peak cycling workout with a journey through digitally-created worlds.