

FRI	
Time	Class
7.00-7.30	<b>LES MILLS SH'BAM</b>
7.45-8.15	<b>LES MILLS BODYCOMBAT</b>
8.30-9.00	<b>LES MILLS BODYBALANCE</b>
9.30-10.00	<b>LES MILLS CXWORX</b>
10.15-11.00	<b>LES MILLS SH'BAM</b>
11.15-12.15	<b>LES MILLS BODYPUMP</b>
12.30-13.00	<b>LES MILLS BODYCOMBAT</b>
14.00-15.00	<b>LES MILLS BODYCOMBAT</b>
15.15-16.15	<b>LES MILLS BODYBALANCE</b>
17.00-17.45	<b>LES MILLS SH'BAM</b>
18.00-19.00	<b>LES MILLS BODYCOMBAT</b>
19.15-20.15	<b>LES MILLS BODYPUMP</b>

### **LES MILLS SH'BAM**

30 or 45 minute classes.

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!

SAT	
Time	Class
8.15 - 8.45	<b>LES MILLS BODYCOMBAT</b>
10.00-11.00	<b>LES MILLS BODYPUMP</b>
11.15-12.15	<b>LES MILLS BODYCOMBAT</b>
12.30-13.00	<b>LES MILLS CXWORX</b>
SUN	
Time	Class
7.45-8.15	<b>LES MILLS CXWORX</b>
8.30-9.30	<b>LES MILLS BODYPUMP</b>
9.45-10.45	<b>LES MILLS BODYCOMBAT</b>
11.00-11.45	<b>LES MILLS SH'BAM</b>
12.00-13.00	<b>LES MILLS BODYBALANCE</b>

### **LES MILLS BODYBALANCE**

30 or 60 minute classes.

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life.

During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of centered. all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and Happy.

MON	
Time	Class
7.00-7.30	<b>LES MILLS BODYCOMBAT</b>
7.45-8.15	<b>LES MILLS BODYPUMP</b>
9.00-9.45	<b>LES MILLS SH'BAM</b>
10.00-11.00	<b>LES MILLS BODYBALANCE</b>
11.15-12.15	<b>LES MILLS BODYCOMBAT</b>
12.30-13.00	<b>LES MILLS BODYPUMP</b>
14.15-15.00	<b>LES MILLS SH'BAM</b>
15.15-16.15	<b>LES MILLS BODYBALANCE</b>
17.15-17.45	<b>LES MILLS CXWORX</b>
18.00-19.00	<b>LES MILLS BODYPUMP</b>
19.15-19.45	<b>LES MILLS BODYCOMBAT</b>
20.00-20.45	<b>LES MILLS SH'BAM</b>

### **LES MILLS BODYPUMP**

30 or 60 minute classes.

BODYPUMP™ is for anyone looking to get lean, toned and fit fast.

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through



TUE	
Time	Class
7.00-7.30	<b>LES MILLS BODYPUMP</b> 
7.45-8.15	<b>LES MILLS BODYCOMBAT</b> 
8.30-9.00	<b>LES MILLS CXWORX</b> 
9.15-10.15	<b>LES MILLS BODYCOMBAT</b> 
10.30-11.15	<b>LES MILLS SH'BAM</b> 
11.30-12.30	<b>LES MILLS BODYPUMP</b> 
12.45-13.15	<b>LES MILLS BODYBALANCE</b> 
14.00-15.00	<b>LES MILLS BODYPUMP</b> 
17.00-17.30	<b>LES MILLS CXWORX</b> 
17.45-18.45	<b>LES MILLS BODYCOMBAT</b> 
19.00-20.00	<b>LES MILLS BODYBALANCE</b> 
20.15-20.45	<b>LES MILLS CXWORX</b> 

**LES MILLS CXWORX**  30 minute classes.

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for

WED	
Time	Class
7.00-7.30	<b>LES MILLS BODYCOMBAT</b> 
7.45-8.15	<b>LES MILLS BODYPUMP</b> 
9.00-9.45	<b>LES MILLS SH'BAM</b> 
10.00-11.00	<b>LES MILLS BODYBALANCE</b> 
11.15-12.15	<b>LES MILLS BODYPUMP</b> 
12.30-13.00	<b>LES MILLS BODYCOMBAT</b> 
14.15-15.00	<b>LES MILLS SH'BAM</b> 
15.15-16.15	<b>LES MILLS BODYBALANCE</b> 
17.15-17.45	<b>LES MILLS CXWORX</b> 
18.00-18.30	<b>LES MILLS BODYCOMBAT</b> 
18.45-19.45	<b>LES MILLS BODYPUMP</b> 
20.00-20.45	<b>LES MILLS SH'BAM</b> 

**LES MILLS BODYCOMBAT** 

30 or 60 minute classes.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that

THU	
Time	Class
7.00-7.30	<b>LES MILLS BODYPUMP</b> 
7.45-8.15	<b>LES MILLS BODYCOMBAT</b> 
8.30-9.00	<b>LES MILLS CXWORX</b> 
9.15-10.15	<b>LES MILLS BODYCOMBAT</b> 
10.30-11.15	<b>LES MILLS SH'BAM</b> 
11.30-12.30	<b>LES MILLS BODYPUMP</b> 
12.45-13.15	<b>LES MILLS BODYBALANCE</b> 
14.00-15.00	<b>LES MILLS BODYPUMP</b> 
17.00-17.30	<b>LES MILLS CXWORX</b> 
17.45-18.45	<b>LES MILLS BODYCOMBAT</b> 
19.00-20.00	<b>LES MILLS BODYBALANCE</b> 
20.15-20.45	<b>LES MILLS CXWORX</b> 



30 minute classes.

BoxMaster® is a new form of boxing style conditioning. Catering to all user levels, this class incorporates boxing style fitness training. Pads are set up specifically to replicate different styles of punching, allowing you to throw any combination of punches. In just 30 minutes, through 7 active rounds of punching and 7 active recovery rounds you will hit every aspect of conditioning both aerobically and anaerobically.