



Group Exercise Timetable

Virtual Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:45AM - 6:45AM</p> <p>LES MILLS BODYFLOW 7:00AM - 8:00AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p>LES MILLS BODYFLOW 4:15PM - 5:15PM</p> <p>ONDEMAND 6:40PM - 8:00PM</p>	<p>LES MILLS BODYFLOW 5:45AM - 6:45AM</p> <p>LES MILLS BODYPUMP 7:00AM - 8:00AM</p> <p>LES MILLS BODYFLOW 11:45AM - 12:45PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p>LES MILLS BODYPUMP 3:30PM - 4:30PM</p> <p>ONDEMAND 6:40PM - 8:00PM</p>	<p>LES MILLS BODYPUMP 5:45AM - 6:45AM</p> <p>LES MILLS BODYFLOW 7:00AM - 8:00AM</p> <p>LES MILLS barre 8:15AM - 8:45AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p>	<p>LES MILLS BODYFLOW 5:45AM - 6:45AM</p> <p>LES MILLS BODYPUMP 7:00AM - 8:00AM</p> <p>LES MILLS BODYFLOW 11:45AM - 12:15PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p>LES MILLS barre 3:30PM - 4:00PM</p> <p>LES MILLS GRIT STRENGTH 4:10PM - 4:40PM</p> <p>ONDEMAND 6:40PM - 8:00PM</p>	<p>LES MILLS BODYPUMP 5:45AM - 6:45AM</p> <p>LES MILLS BODYFLOW 7:00AM - 8:00AM</p> <p>LES MILLS barre 8:15AM - 8:45AM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p>ONDEMAND 6:40PM - 8:00PM</p>	<p>ONDEMAND 11:15AM - 1:15PM</p>	<p>ONDEMAND 11:15AM - 1:15PM</p>

LES MILLS
BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
BODYSTEP ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS
BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS
CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

INTEGRATE

Low impact aerobics and strength using resistance tubing, this class is geared towards age 65+

ONDEMAND

On Demand

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



Stay Active and Independent for Life - Strength and balance fitness class for adults age 65+



Stretch and core exercises modified to meet the needs of age 65+

SURPRISE!

Sarah will lead you through various exercises to challenge your body and mind!

LES MILLS
barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS
BODYFLOW

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

LES MILLS
BODYPUMP

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

LES MILLS
GRIT | STRENGTH

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



Hatha Yoga with Briana



ZUMBA
A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance



"Fitness For All Seasons"
Evergreen
FITNESS

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