



# Group Exercise Timetable

Live Instructor Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS</b> <b>BODYSTEP</b> CLASSIC 8:15AM - 9:15AM  <b>LES MILLS</b> <b>BODYFLOW</b> 9:30AM - 10:30AM   10:35AM - 11:35AM  <b>LES MILLS</b> <b>CXWORX</b> 5:30PM - 6:00PM  <b>SURPRISE!</b> 6:00PM - 6:30PM	 ZUMBA 8:15AM - 9:15AM  <b>LES MILLS</b> <b>BODYPUMP</b> 9:30AM - 10:30AM  <b>INTEGRATE</b> 10:35AM - 11:35AM	<b>LES MILLS</b> <b>CXWORX</b> 9:00AM - 9:30AM  <b>LES MILLS</b> <b>BODYSTEP</b> CLASSIC 9:30AM - 10:30AM  <b>LES MILLS</b> <b>BODYFLOW</b> 4:15PM - 5:15PM  <b>LES MILLS</b> <b>BODYSTEP</b> CLASSIC 5:30PM - 6:30PM	<b>INTEGRATE</b> 8:15AM - 9:15AM  <b>LES MILLS</b> <b>BODYPUMP</b> 9:15AM - 10:15AM  <b>LES MILLS</b> <b>CXWORX</b> 4:45PM - 5:15PM  <b>LES MILLS</b> <b>RPM</b> 5:30PM - 6:30PM	<b>LES MILLS</b> <b>CXWORX</b> 9:00AM - 9:30AM  <b>LES MILLS</b> <b>BODYSTEP</b> CLASSIC 9:30AM - 10:30AM  <b>INTEGRATE</b> 10:35AM - 11:35AM  <b>LES MILLS</b> <b>CXWORX</b> 5:30PM - 6:00PM  <b>LES MILLS</b> <b>BODYFLOW</b> 6:00PM - 6:30PM	<b>LES MILLS</b> <b>RPM</b> 8:30AM - 9:30AM  <b>LES MILLS</b> <b>BODYPUMP</b> 9:45AM - 10:45AM	<b>LES MILLS</b> <b>BODYSTEP</b> ATHLETIC 8:45AM - 9:45AM  <b>LES MILLS</b> <b>BODYFLOW</b> 10:00AM - 11:00AM



# Group Exercise Timetable

Live Instructor/ Other

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 8:15AM - 9:15AM   9:30AM - 10:30AM  <b>LES MILLS</b> <b>RPM</b> 5:30PM - 6:30PM	 5:30PM - 6:30PM	 9:00AM - 10:00AM  <b>LES MILLS</b> <b>RPM</b> 5:30PM - 6:30PM	<b>LES MILLS</b> <b>BODYFLOW</b> 8:00AM - 9:00AM  <b>SURPRISE!</b> 5:30PM - 6:30PM	 8:15AM - 9:15AM   9:30AM - 10:30AM	<b>LES MILLS</b> <b>BODYSTEP CLASSIC</b> 8:30AM - 9:30AM  <b>LES MILLS</b> <b>BODYFLOW</b> 9:45AM - 10:45AM	

**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+



Modified stretch and core exercises to meet the needs of those 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** | PLYO

High-intensity interval training designed to make you perform like an athlete.

**LES MILLS**  
**GRIT** | STRENGTH

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



Hatha Yoga with Briana



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



"Fitness For All Seasons"  
**Evergreen**  
FITNESS

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