

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 4:45AM - 5:15AM</p> <p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p><i>Silver Fitness In person instruction</i> 8:10AM - 8:50AM</p> <p><i>Yoga In person Instruction</i> 9:00AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p>LES MILLS CORE 12:30PM - 1:00PM</p> <p>LES MILLS BODYPUMP 1:00PM - 1:45PM</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p> <p>LES MILLS GRIT ATHLETIC 6:00PM - 6:30PM</p> <p>LES MILLS CORE 6:30PM - 7:00PM</p>	<p>LES MILLS GRIT ATHLETIC 5:00AM - 5:30AM</p> <p>LES MILLS RPM 5:30AM - 6:00AM</p> <p>LES MILLS CORE 6:05AM - 6:35AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 8:10AM - 8:40AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p> <p>LES MILLS RPM 9:30AM - 10:00AM</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:00AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>LES MILLS RPM 1:00PM - 1:50PM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP LOWER BODY 4:30PM - 4:45PM</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:30PM</p> <p>LES MILLS BODYBALANCE 6:00PM - 7:00PM</p>	<p>LES MILLS CORE 4:45AM - 5:15AM</p> <p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p><i>Silver Fitness In person instruction</i> 8:10AM - 8:50AM</p> <p><i>Yoga In person Instruction</i> 9:00AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p>LES MILLS CORE 12:30PM - 1:00PM</p> <p>LES MILLS BODYPUMP 1:00PM - 1:45PM</p> <p>LES MILLS CORE 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p> <p>LES MILLS GRIT ATHLETIC 6:00PM - 6:30PM</p> <p>LES MILLS CORE 6:30PM - 7:00PM</p>	<p>LES MILLS GRIT ATHLETIC 5:00AM - 5:30AM</p> <p>LES MILLS CORE 6:05AM - 6:35AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 8:10AM - 8:40AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p> <p>LES MILLS RPM 9:30AM - 10:00AM</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:00AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>LES MILLS RPM 1:00PM - 1:50PM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP LOWER BODY 4:30PM - 4:45PM</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:30PM</p> <p>LES MILLS BODYBALANCE 6:00PM - 7:00PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p>LES MILLS BODYBALANCE EXPRESS STRENGTH 9:00AM - 9:15AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 9:15AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYCOMBAT 1:00PM - 1:30PM</p> <p>LES MILLS CORE 1:30PM - 2:00PM</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p>	<p>LES MILLS RPM 7:00AM - 7:30AM</p> <p>LES MILLS BODYPUMP 7:40AM - 8:10AM</p> <p>LES MILLS CORE 8:20AM - 8:50AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p>	<p>LES MILLS RPM 9:25AM - 10:15AM</p> <p>LES MILLS BODYPUMP LOWER BODY 10:25AM - 10:40AM</p>

LES MILLS tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

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 BODYBALANCE

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

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE | EXPRESS STRENGTH

Get centred and focus on your strength and stability with this short yoga-based workout with elements of Tai Chi and Pilates.

LES MILLS BODYBALANCE | FLEXIBILITY

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYPUMP

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

LES MILLS BODYPUMP

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

LES MILLS BODYPUMP

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

LES MILLS BODYPUMP | LOWER BODY

Build lower body strength and shape your legs and glutes with the original barbell workout that gets you lean, toned and fit - fast.

LES MILLS CORE

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

LES MILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS GRIT | CARDIO


High-intensity interval training that improves cardiovascular fitness.

LES MILLS RPM

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

LES MILLS RPM

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



Razor Sharp
Fitness
Group Exercise