

Virtual Schedule - Studio and Spin

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.		 LES MILLS BODYPUMP 6:00-6:45					
7:00 a.m.			 LES MILLS BODYPUMP 7:00-7:45		 LES MILLS BODYPUMP 7:00-7:45		
7:45 a.m.					 LES MILLS CORE 7:45-8:00		
8:30 a.m.		 LES MILLS BODYCOMBAT 8:30-9:15	LES MILLS THE TRIP 8:30-9:15		LES MILLS THE TRIP 8:30-9:15		
8:45 a.m.				 LES MILLS BODYPUMP 8:45-9:10**	 LES MILLS BODYCOMBAT 8:45-9:10**		
10:30 a.m.							
11:30 a.m.	 LES MILLS DANCE 11:30-12:15						
12:30 p.m.	 LES MILLS BODYBALANCE Flexibility 12:30-1:00	 LES MILLS GRIT STRENGTH 12:30-1:00	 LES MILLS BODYATTACK 12:30-1:00	 LES MILLS GRIT STRENGTH 12:30-1:00	 LES MILLS BODYATTACK 12:30-1:00	 LES MILLS GRIT STRENGTH 12:30-1:00	
		LES MILLS SPRINT 12:30-1:00	LES MILLS THE TRIP 12:30-1:15	LES MILLS SPRINT 12:30-1:00	LES MILLS THE TRIP 12:30-1:15	LES MILLS SPRINT 12:30-1:00	
1:00 p.m.		 LES MILLS CORE 1:00-1:15	 LES MILLS CORE 1:00-1:15	 LES MILLS CORE 1:00-1:15	 LES MILLS CORE 1:00-1:15	 LES MILLS CORE 1:00-1:15	 LES MILLS CORE 1:00-1:45
1:30 p.m.		 LES MILLS BODYBALANCE 1:30-2:30	 LES MILLS BODYBALANCE 1:30-2:00	 LES MILLS BODYBALANCE 1:30-2:30	 LES MILLS BODYBALANCE 1:30-2:00	 LES MILLS BODYBALANCE 1:30-2:30	
4:30 p.m.	 LES MILLS BODYPUMP 4:30-5:30						 LES MILLS GRIT STRENGTH 4:30-5:00
5:00 p.m.							 LES MILLS CORE 5:00-5:15
5:30 p.m.	 LES MILLS GRIT CARDIO 5:30-6:00					 LES MILLS CORE 5:30-5:45	
					LES MILLS THE TRIP 5:30-6:15	LES MILLS THE TRIP 5:30-6:15	LES MILLS THE TRIP 5:30-6:15
7:00 p.m.		LES MILLS THE TRIP 7:00-7:45	LES MILLS RPM 7:00-7:45	LES MILLS THE TRIP 7:00-7:45	LES MILLS RPM 7:00-7:45	LES MILLS THE TRIP 7:00-7:45	
7:35 p.m.		 LES MILLS BODYBALANCE 7:35-8:20	 LES MILLS DANCE 7:35-8:20	 LES MILLS BODYBALANCE 7:35-8:20	 LES MILLS BODYPUMP 7:35-8:20		

**25-minute Introductory Tutorial

Virtual Studio and Spin Class Descriptions

Studio

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

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

Les Mills Body Balance - 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 Born to Move: Focusing on fun rather than formal exercise routines for kids, these classes are the best way to introduce fundamental movement skills.

Les Mills Core: Core 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.

Les Mills Dance: Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute highenergy workout has been created by dancers to challenge and uplift you.

Les Mills Grit Cardio: LES MILLS GRIT™ Cardio is a 30 minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

Les Mills Grit Strength: High-intensity interval training designed to improve strength and build lean muscle

Spin

THE TRIP- Experience a fully immersive indoor cycling workout set in a virtual world. Ride through futuristic landscapes and stunning environments, synced to powerful music for an unforgettable cardio adventure. Burn calories, boost endurance, and escape reality – all from the saddle.

Sprint- is a high-intensity interval training (HIIT) workout on a bike. In just 30 minutes, you'll push your physical limits with short bursts of intensity, followed by recovery periods. This virtual workout is fast, effective, and designed to burn calories, improve fitness, and build lean muscle – all with zero impact.

RPM- is a cardio peak indoor cycling workout where you ride to the rhythm of powerful music. Led virtually by expert instructors, you'll climb hills, sprint, and push through flat terrain to improve your aerobic fitness, burn calories, and boost your mood – all at your own pace.

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