

## **LES MILLS** **BODYATTACK**

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

## **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** **BODYCOMBAT**

Get fast, fit 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** **CORE**

A 45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

## **BORN** **TO MOVE**

Get fit fast with moves from martial arts, sports conditioning, dance and yoga.

**This timetable is correct at time of print.**  
**Classes and times are subject to change at any time.**  
**Please check at Reception for the latest version.**

## **LES MILLS** **GRIT** | **ATHLETIC**

A 30-minute high-intensity interval training (HIIT).

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

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

## **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.

## **ONDEMAND**

Choose your own virtual class!  
Choose from a wide selection of classes along with the length of the class, within the time allocated.

### **CLASS CAPACITIES**

RPM & SPRINT	20
BODYPUMP	16
GRIT	16
All other classes	18



## **ST MARY'S CALNE** **SPORTS CLUB**



# **TIMETABLE**

*Valid from 3rd October 2024*





# VIRTUAL FITNESS TIMETABLE



## MONDAY

10:30 - 11:15  
BODY COMBAT™

## TUESDAY

08:00 - 08:45  
BODY PUMP™

13:30 - 14:20  
RPM™

## WEDNESDAY

12:00 - 12:30  
GRIT™  
CARDIO

12:45 - 13:30  
ON DEMAND  
*Choose your own class*

15:00 - 15:45  
BODY COMBAT™

16:00 - 17:00  
ON DEMAND  
*Choose your own class*

## THURSDAY

11:30 - 12:30  
ON DEMAND  
*Choose your own class*

13:00 - 13:45  
BODYBALANCE™

19:35 - 20:35  
BODY PUMP™

## FRIDAY

06:45 - 07:15  
GRIT™ STRENGTH

11:00 - 11:45  
CORE™

12:45 - 13:45  
ON DEMAND  
*Choose your own class*

14:00 - 14:45  
BODYATTACK™

15:15 - 16:15  
ON DEMAND  
*Choose your own class*

## SATURDAY

07:00 - 07:30  
GRIT™ ATHLETIC

10:00 - 10:35  
BORN TO MOVE  
13-16 year olds

11:00 - 12:00  
ON DEMAND  
*Choose your own class*

16:00 - 17:00  
ON DEMAND  
*Choose your own class*

### GROUP EXERCISE ETIQUETTE

For the safety and comfort of all group exercise users, we kindly request you read and understand the etiquette guidelines which can be found on the Dance Studio wall and also on our website.

For health and safety and to prevent disruption to other members, please arrive 5 minutes before the class begins. This also allows you to complete any set ups that may be required before the class starts.

Please inform a member of staff if you have any medical conditions that we should be aware of before you participate in any of the virtual sessions.

*Thank you.*

### WHAT TO EXPECT FROM YOUR VIRTUAL CLASS

LES MILLS™ Virtual workouts combine the world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. With your instructor being on the screen rather than in-person, you will be lead through the class in the same way, with clear and concise instructions. If you have any questions please do not hesitate to ask at Reception.

Strength  
&  
Condition

Cardio/  
Aerobic

Mind  
&  
Body

HIIT

Cycling

Other