

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 ask at Reception for up to date information.

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.

LES MILLS **THE TRIP**

The Trip is an immersive cycling workout that will elevate your heart rate and sensory experience. You will be transported to the future of fitness through digitally-created worlds and take your motivation to the next level.

LES MILLS **DANCE**

A high energy workout that incorporates innovative dance movements that work cohesively with progressive music inspired by global dance genres.



ST MARY'S CALNE
SPORTS CLUB

 **LES MILLS**
VIRTUAL

TIMETABLE

Now on our booking system!

Ask at reception or book via the app.

Valid from 2 February 2026

Lifestyle
Active Life
Healthy Life
Live Life

VIRTUAL FITNESS TIMETABLE

MONDAY

10:30 - 11:15
BODY PUMP™

TUESDAY

08:00 - 08:45
BODY PUMP™

13:30 - 14:20
RPM™

WEDNESDAY

12:00 - 12:30
GRIT™ Strength

12:45 - 13:30
GRIT™ Cardio

15:00 - 15:45
BODY COMBAT™

16:00 - 17:00
DANCE!

**Strength
&
Condition**

**Cardio/
Aerobic**

**Mind
&
Body**

HIIT

Cycling

Other

CLASS CAPACITIES

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

THURSDAY

12:00 - 12:45
THE TRIP™

13:00 - 13:45
BODYBALANCE™

FRIDAY

06:45 - 07:15
GRIT™ Cardio

12:45 - 13:45
BODY PUMP™

14:00 - 14:45
BODYATTACK™

15:15 - 16:15
RPM™

SATURDAY

07:00 - 07:30
GRIT™ Athletic

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

17:00 - 18:00
BODY BALANCE™

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.

Virtual classes can be booked at reception or via the app, 7 days in advance. Booking is advisable to ensure a space on the class you wish to attend.

Members may now attend virtual classes on their own. A one-time Safety Waiver Form is required prior to attending. Please ask at reception.

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.

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.