LesMills BODYATTACK

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

LesMills BODYBALANCE

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

LesMills BODYCOMBAT

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

LesMills BODYPUMP

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

LesMills CORE

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

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.

LesMills GRIT | ATHLETIC

A 30 minute high intensity interval training (HIIT).

LesMills GRIT | STRENGTH

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

LesMills GRIT | CARDIO

High intensity interval training that improves cardiovascular fitness.

LesMills RPM

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

LesMills DANCE

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

LesMills 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.

ST MARY'S CALNE SPORTS CLUB

VIRTUAL CLASS TIMETABLE

Valid from

1 October 2026

LesMills VIRTUAL

VIRTUAL FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.30 - 11.15 **BODY PUMP**	8.00 - 8.45 **BODY PUMP**	12.00 - 12.30 **GRIT Strength**	12.00 - 12.45 **THE TRIP**	6.45 - 7.15 **GRIT Cardio**	7.00 - 7.30 **GRIT Athletic**
	13.30 - 14.20 **RPM**	12.45 - 13.30 **GRIT Cardio**	13.00 - 13.45 **BODY BALANCE**	12.45 - 13.45 **BODY PUMP**	17.00 - 18.00 **BODY BALANCE**
		15.00 - 15.45 **BODY COMBAT**		14.00 - 14.45 **BODY ATTACK**	
		16.00 - 17.00 **DANCE!**		15.15 - 16.15 **RPM**	

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 who wish to attend virtual classes on their own, a one time Safety Waiver Form is required to be completed 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.

Strength & Condition	Cardio/ Aerobic	Mind & Body
HIIT	Cycling	Other

CLASS CAPACITIES

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

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.