

**LES MILLS VIRTUAL SCHEDULE 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	CX WORX	ON DEMAND	ON DEMAND	ON DEMAND	CX WORX	No Classes	No Classes
7:00						ON DEMAND	ON DEMAND
8:00	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND		BODYPUMP
9:00							BODYBALANCE
10:00							
11:00							
12:00		CX WORX		CX WORX	BODYCOMBAT (BF)	ON DEMAND	ON DEMAND
13:00	BODYCOMBAT (BF)		ON DEMAND	ON DEMAND	BODYPUMP (BF)	CX WORX (BF)	BODYCOMBAT (BF)
14:00	BODYPUMP (BF)	CX WORX	BODYPUMP (BF)	BODYCOMBAT (BF)			
15:00	ON DEMAND	ON DEMAND	CX WORX (BF)	ON DEMAND	ON DEMAND		
16:00			BODYBALANCE (BF)	ON DEMAND	ON DEMAND		
17:00			ON DEMAND	ON DEMAND	ON DEMAND		
18:00			BODYCOMBAT	CX WORX	BODYPUMP		
19:00				ON DEMAND		ON DEMAND	ON DEMAND
20:00					ON DEMAND		
21:00							

ON DEMAND	Choose whatever programme you like at a time you like during this period. Either ask us to program it for you or hit play when you get here.
BODYBALANCE	Is a Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Available in 30 and 55 minute formats.
BODYPUMP	Will give you a full body workout using light to moderate weights with lots of repetitions. Available in 30 and 55 minute formats.
BODYCOMBAT	Is a martial arts inspired workout that will get you fighting fit. Available in 30 and 55 minute formats.
SH'BAM	Is your fun loving, insanely addictive dance workout. With no experience needed, this 30 and 45 minute workout features chart topping hits and seriously hot dance moves.
CXWORX (BF)	Is the 30 minute workout that will strengthen and tone your abs, glutes, back and obliques.
	Baby Friendly class - you do not have to have a baby to attend these sessions. These sessions are suitable for those with a baby or toddler as long as the child is strapped in to a car seat or buggy for the duration of the class. If the child needs anything (ie - changing or feeding) during the class or is disturbing anyone then you will need to leave the studio with them to take care of them.