

LES MILLS VIRTUAL SCHEDULE 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	CX WORX	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	No Classes	No Classes
7:00							
8:00	BARRE	CX WORX	ON DEMAND	BARRE	ON DEMAND	ON DEMAND	BODYPUMP
9:00							BODYBALANCE
10:00				BARRE			
11:00		BARRE					ON DEMAND
12:00			ON DEMAND		BODYPUMP (BF)	ON DEMAND	ON DEMAND
13:00	BODYCOMBAT (BF)		BODYPUMP (BF)	ON DEMAND	BODYCOMBAT (BF)	CX WORX (BF)	BODYCOMBAT (BF)
14:00	BODYPUMP (BF)	CX WORX	CX WORX (BF)	BODYCOMBAT (BF)			
15:00	ON DEMAND	ON DEMAND	BODYBALANCE (BF)	ON DEMAND	ON DEMAND		
16:00	BARRE		BODYCOMBAT	CX WORX	BODYPUMP		
17:00				BARRE			
18:00						ON DEMAND	ON DEMAND
19:00							
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.
BARRE	A 30-minute workout designed to shape and tone postural muscles, build core strength. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength.
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.
CXWORX	Is the 30 minute workout that will strengthen and tone your abs, glutes, back and obliques.
(BF)	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.