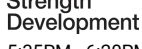




## YMCA Les Mills Timetable

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Sunday                                                                                                                                                                                                                                    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| <b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>5:15AM - 5:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>6:00AM - 6:30AM<br>Studio 4<br><b>LES MILLS</b><br><b>CEREMONY</b><br><b>HYROX</b><br>6:00AM - 6:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>6:50AM - 7:35AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>8:00AM - 8:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>9:00AM - 9:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>9:00AM - 9:50AM<br>Studio 4<br><b>LES MILLS</b><br><b>CORE</b><br>12:15PM - 12:45PM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>12:15PM - 12:45PM<br>Studio 4<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>1:00PM - 2:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>2:00PM - 2:50PM<br>Studio 1 | <b>LES MILLS</b><br><b>sprint</b><br>5:15AM - 5:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>6:00AM - 6:50AM<br>Studio 4<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>6:00AM - 6:55AM<br>Studio 1<br><b>LES MILLS</b><br><b>CORE</b><br>7:00AM - 7:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>8:00AM - 8:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br><b>HEAVY</b><br>9:00AM - 9:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>11:30AM - 12:15PM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>12:15PM - 1:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>CORE</b><br>1:15PM - 1:45PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYCOMBAT</b><br>2:00PM - 3:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>3:00PM - 3:45PM<br>Studio 1 | <b>LES MILLS</b><br><b>sprint</b><br>5:15AM - 5:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>6:00AM - 6:50AM<br>Studio 4<br>Strength Development<br>6:00AM - 6:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>6:50AM - 7:35AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>8:00AM - 8:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>9:00AM - 9:30AM<br>Studio 4<br><b>LES MILLS</b><br>Shapes<br>9:35AM - 10:20AM<br>Studio 1<br><b>LES MILLS</b><br><b>PILATES</b><br>11:00AM - 11:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>12:00PM - 12:30PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYCOMBAT</b><br>2:00PM - 3:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>3:00PM - 3:45PM<br>Studio 1 | <b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>5:15AM - 5:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>6:00AM - 6:30AM<br>Studio 4<br><b>LES MILLS</b><br><b>CEREMONY</b><br><b>HYROX</b><br>6:00AM - 6:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>CORE</b><br>7:00AM - 7:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>8:00AM - 8:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>CORE</b><br>9:30AM - 10:00AM<br>Studio 1<br>Strength Development<br>10:00AM - 10:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>CEREMONY</b><br><b>HYROX</b><br>12:15PM - 1:05PM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>1:15PM - 2:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYCOMBAT</b><br>2:00PM - 3:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>3:00PM - 3:45PM<br>Studio 1 | <b>LES MILLS</b><br><b>sprint</b><br>5:15AM - 5:45AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>6:00AM - 6:30AM<br>Studio 4<br><b>LES MILLS</b><br><b>BODYPUMP</b><br><b>HEAVY</b><br>6:00AM - 6:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>7:00AM - 7:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>7:00AM - 7:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>8:00AM - 8:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>8:35AM - 9:35AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>9:00AM - 9:45AM<br>Studio 1<br><b>LES MILLS</b><br>Shapes<br>12:15PM - 1:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>1:15PM - 1:45PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYCOMBAT</b><br>2:00PM - 3:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>3:00PM - 3:45PM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>4:00PM - 4:30PM<br>Studio 1 | <b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>5:45AM - 6:15AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>6:15AM - 7:00AM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>7:00AM - 7:50AM<br>Studio 1<br><b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>8:00AM - 8:30AM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>8:35AM - 9:35AM<br>Studio 1<br><b>LES MILLS</b><br><b>PILATES</b><br>9:40AM - 10:25AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>10:30AM - 11:15AM<br>Studio 1<br><b>LES MILLS</b><br><b>GRIT</b>   STRENGTH<br>1:30PM - 2:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>2:00PM - 2:30PM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>3:00PM - 3:50PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>5:00PM - 6:00PM<br>Studio 1 | <b>LES MILLS</b><br><b>sprint</b><br>7:30AM - 8:00AM<br>Studio 4<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>8:00AM - 9:00AM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>8:30AM - 9:00AM<br>Studio 4<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>9:15AM - 10:15AM<br>Studio 1<br><b>LES MILLS</b><br><b>THE TRIP</b><br>11:30AM - 12:15PM<br>Studio 1<br><b>LES MILLS</b><br><b>GRIT</b>   CARDIO<br>12:30PM - 1:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>1:00PM - 2:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>RPM</b><br>2:00PM - 2:50PM<br>Studio 1<br><b>LES MILLS</b><br><b>sprint</b><br>3:00PM - 3:30PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>4:00PM - 5:00PM<br>Studio 1<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>5:00PM - 6:00PM<br>Studio 1 |

| Monday                                                                                                                                       | Tuesday                                                                                                                                       | Wednesday                                                                                                                                                         | Thursday                                                                                                                                       | Friday                                                                                                                                          | Saturday | Sunday |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|
| <div>  </div> <div>3:00PM - 3:45PM</div> <div>Studio 1</div> | <div>  </div> <div>4:00PM - 4:30PM</div> <div>Studio 1</div> | <div>  </div> <div>4:00PM - 4:45PM</div> <div>Studio 1</div>                     | <div>  </div> <div>4:00PM - 4:30PM</div> <div>Studio 1</div> | <div>  </div> <div>4:45PM - 5:15PM</div> <div>Studio 1</div> |          |        |
| <div>  </div> <div>4:00PM - 4:30PM</div> <div>Studio 1</div> | <div>  </div> <div>4:45PM - 5:35PM</div> <div>Studio 4</div> | <div>  <div>STRENGTH</div> </div> <div>5:00PM - 5:30PM</div> <div>Studio 1</div> | <div>  </div> <div>4:45PM - 5:35PM</div> <div>Studio 4</div> | <div>  </div> <div>5:35PM - 6:20PM</div> <div>Studio 1</div> |          |        |
| <div>  </div> <div>4:45PM - 5:30PM</div> <div>Studio 1</div> | <div>  </div> <div>4:45PM - 5:15PM</div> <div>Studio 1</div> | <div>  </div> <div>5:30PM - 6:00PM</div> <div>Studio 4</div>                     | <div>  </div> <div>4:45PM - 5:25PM</div> <div>Studio 1</div> | <div>  </div> <div>6:30PM - 7:30PM</div> <div>Studio 1</div> |          |        |
| <div>  </div> <div>5:00PM - 5:30PM</div> <div>Studio 4</div> | <div>  </div> <div>5:35PM - 6:25PM</div> <div>Studio 1</div> | <div>  </div> <div>5:35PM - 6:25PM</div> <div>Studio 1</div>                     | <div>  </div> <div>5:35PM - 6:20PM</div> <div>Studio 1</div> | <div>  </div> <div>7:30PM - 8:15PM</div> <div>Studio 1</div> |          |        |
| <div>  </div> <div>5:35PM - 6:35PM</div> <div>Studio 1</div> | <div>  </div> <div>6:30PM - 7:15PM</div> <div>Studio 1</div> | <div>  </div> <div>6:30PM - 7:30PM</div> <div>Studio 1</div>                     | <div>  </div> <div>6:30PM - 7:30PM</div> <div>Studio 1</div> |                                                                                                                                                 |          |        |
| <div>  </div> <div>6:45PM - 7:30PM</div> <div>Studio 1</div> | <div>  </div> <div>7:30PM - 8:30PM</div> <div>Studio 1</div> | <div>  </div> <div>7:30PM - 8:00PM</div> <div>Studio 1</div>                     | <div>  </div> <div>7:30PM - 8:00PM</div> <div>Studio 1</div> |                                                                                                                                                 |          |        |
| <div>  </div> <div>7:30PM - 8:20PM</div> <div>Studio 1</div> |                                                                                                                                               |                                                                                                                                                                   |                                                                                                                                                |                                                                                                                                                 |          |        |

## LES MILLS BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

## LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## LES MILLS CEREMONY HYROX

A 45-minute functional, strength and conditioning workout.

## LES MILLS BODYPUMP HEAVY

BODYPUMP HEAVY is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, this powerful class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns lifting into a fun, social, and confidence and vitality – it's challenging, energizing, and keeps you coming back for more. This is the new workout of the decade.

## LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

## LES MILLS GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

## LES MILLS PILATES

Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility, and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathworks creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

## LES MILLS Shapes

An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

## LES MILLS Strength Development

Build strength in phases based on strength and conditioning science. Progress through the essential elements of strength training with slow and controlled movements, functional exercises and dynamic core work.

## LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## LES MILLS sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

## LES MILLS THE TRIP

Be guided through digitally-created worlds in a totally unique workout experience that combines an instructor led cycling workout with a Virtual journey proven to get you fitter faster with less discomfort.

## 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, fast 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 BODYPUMP

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

## LES MILLS CORE

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

## LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

## LES MILLS GRIT | STRENGTH

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

## LES MILLS RPM

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

## LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

## LES MILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

YMCA Gisborne  
Group Exercise Timetable