YMCA Les Mills Timetable

Les Mills studio

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

YMCA Les Mills Timetable

rYde cycle studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LesMills sprint 6:00AM - 6:30AM	LesMills RPM 6:00AM - 6:50AM	LesMills RPM 6:00AM - 6:30AM	LesMills sprint 6:00AM - 6:30AM	LesMills sprint 6:00AM - 6:30AM		LesMills sprint 7:30AM - 8:00AM
LesMills sprint 12:15PM - 12:45PM	LesMills RPM 4:45PM - 5:35PM	LesMills sprint 9:00AM - 9:30AM	LesMills RPM 4:45PM - 5:35PM			LesMills sprint 8:30AM - 9:00AM
LesMills sprint 5:00PM - 5:30PM		LesMills sprint 5:35PM - 6:05PM				

LesMills 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.

LesMills 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.

LesMills CEREMONY HYROX

A 45-minute functional, strength and conditioning workout.

LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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.

Strength Development LesMills

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.

LesMills RPM

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

LesMills sprint

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

LesMills 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.

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, fast 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 BODYPUMP

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

LesMills CORE

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

LesMills GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LesMills GRIT | STRENGTH

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

LesMills RPM

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

LesMills 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.

LesMills THE TRIP

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

YMCA Gisborne

Les Mills Timetable