


DAY	CLASS	TIME
MONDAY	<b>Kick Boxing</b>	18:00 – 18:55
	<b>LES MILLS BODYPUMP</b>	19:00 – 19:45
TUESDAY	<b>LES MILLS GRIT</b>	07:15 – 07:45
	<b>Hatha Yoga</b>	18:35 – 19:45
WEDNESDAY	<b>LES MILLS GRIT</b>	18:30 – 19:00
	<b>LES MILLS BODYBALANCE</b>	19:00 – 19:45
THURSDAY	<b>H.I.I.T</b>	18:30 – 19:00
	<b>LES MILLS BODYPUMP</b>	19:00 – 19:45
SATURDAY	 <b>ZUMBA</b>	10:00 – 10:55
	<b>LES MILLS BODYPUMP</b>	11:00 – 11:45
SUNDAY	<b>LES MILLS BODYBALANCE</b>	09:30 – 10:15

**LES MILLS BODYBALANCE** - is a fusion of yoga, pilates and tai chi 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 GRIT** - **STRENGTH** -The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. **PLYO** - plyometric-based workout, designed to make you perform like an athlete. **CARDIO** - workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

**KICK BOXING** - A fat burning cardio blitz, incorporating body weight exercises with pads for punching and kicking.

**HATHA YOGA** - A relaxing yet challenging discipline, yoga can improve poise, respiration and flexibility. It reduces stress, increases your flexibility and strengthens your muscles.

**H.I.I.T** - Alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity.

 **ZUMBA** - A fusion of Latin and international dance themes, that will create a dynamic and exciting atmosphere based on the principle that a workout should be fun and easy to do.