

FITNESS CLASSES

(Please note that the class timetable is subject to change. DD and Annual Members get all classes included)

DAY	CLASS	TIME
MONDAY	Kick Boxing	18:00 – 18:55
	LES MILLS BODYPUMP	19:00 – 19:45
TUESDAY	enable Legs Bums & Tums	12:00 – 12:30
	Hatha Yoga	18:35 – 19:45
WEDNESDAY	LES MILLS GRIT	18:30 – 19:00
	enable Boot Camp	18:45 – 19:15
	LES MILLS BODYBALANCE	19:00 – 19:45
THURSDAY	H.I.I.T	18:30 – 19:00
	LES MILLS BODYPUMP	19:00 – 19:45
SATURDAY	Zumba	09:50 – 10:50
	LES MILLS BODYPUMP	11:00 – 11:45

Non Members- £7.00 Concession-£5.50 Yoga- £9.00 Les Mills Class -£10.00

LES MILLS BODYBALANCE A fusion of yoga, pilates and tai chi class using a range of movements and motion set to music that will improve your mind, your body.

LES MILLS BODYPUMP The original barbell workout using light to moderate weights with lots of repetition (reps) giving 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.

enable
Legs Bums & Tums enable My Fitness brings you the lower body workout aimed at toning, firming and burning your body fat from your tummy, hips, thighs and bottom.

enable
Boot Camp enable My Fitness gives you a complete fast paced, calorie burning work out in a challenging yet fun environment

KICKBOXING 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.

HIIT 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 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.

 020 3959 0057 (booking)

 020 3959 0058 (enquiry)

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