

















CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS
STRENGTH	LES MILLS BODYPUMP	BODYPUMP™ is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.	* 	Moderate to High Intensity	<ul style="list-style-type: none"> • Shape lean, athletic muscles • Burn calories • Improve bone health • Build core strength
CARDIO	LES MILLS BODYCOMBAT	BODYCOMBAT™ is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.	* 	Moderate to High Intensity	<ul style="list-style-type: none"> • Build core strength • Burn calories and fuel cardio fitness • Develop coordination, agility and speed • Master physical and mental power
FLEXIBILITY MIND BODY	LES MILLS BODYFLOW	BODYFLOW® is the yoga, tai chi and Pilates workout that helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.	* 	Low Intensity	<ul style="list-style-type: none"> • Improve flexibility • Build core strength and stability • Release tension • Feel calm and serene
CYCLE CARDIO	LES MILLS RPM	RPM™ is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.		Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Shape and tone leg muscles • Increase cardio fitness and stamina • Feel the endorphin rush
CARDIO	LES MILLS BODYATTACK	BODYATTACK™ is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging and jumping with strength exercises.	* 	Moderate to High Intensity	<ul style="list-style-type: none"> • Increase cardio fitness and muscle endurance • Improve agility and coordination • Burn calories • Build power and speed • Shape and tone lean, athletic muscles
CARDIO	LES MILLS BODYSTEP	BODYSTEP™ is an athletic and uplifting step workout that increases your cardio fitness and conditions your whole body, pushing it into high gear to burn calories and build functional strength.	* 	Moderate to High Intensity	<ul style="list-style-type: none"> • Increase cardio fitness and muscle endurance • Improve power and functional strength • Shape and tone your legs and glutes • Burn calories and condition your body • Train your physical and mental agility
STRENGTH CARDIO CORE	LES MILLS tone	LES MILLS TONE™ combines strength, cardio and core exercises in one complete workout. It's an all-in-one functional fitness mix that gives you the freedom to work out at your own intensity.		Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Tone and strengthen muscles • Take your fitness to the next level
DANCE CARDIO	LES MILLS BODYJAM	BODYJAM™ is a totally unique dance experience. It mashes up fresh choreography with the world's most cutting edge music, creating a high-energy cardio workout that burns calories and blows out stress.	* 	Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Increase cardio stamina • Improve agility and coordination • Build self confidence • Connect to the world's best music
DANCE CARDIO	LES MILLS SH'BAM	Want a dance workout that gives more than it takes? SH'BAM™ is the cheeky and cool dance workout where anything goes and everything is encouraged! It's over in no time, and leaves you feeling better than it found you – inside and out!		Moderate Intensity	<ul style="list-style-type: none"> • Burn calories • Boost endorphins • Lose yourself in the music
CORE	LES MILLS CXWORX	CXWORX™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.		Moderate Intensity	<ul style="list-style-type: none"> • Increase core strength and stability • Tone and condition your abs, glutes and back • Improve posture and movement control • Build muscular endurance and resilience • Restore function and flexibility to your core
STRENGTH CARDIO	LES MILLS barre	LES MILLS BARRE™ is a modern version of ballet training, designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. It combines cardio with high-rep strength exercises.		Moderate to High Intensity	<ul style="list-style-type: none"> • Build strength • Shape elegance • Escape the ordinary
CYCLE CARDIO	LES MILLS THE TRIP	THE TRIP™ is a fully immersive experience, combining a multi-peak cycling workout and a cinematic journey through digitally-created worlds. It takes motivation and calorie burn to the next level.		Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Shape and tone leg muscles • Increase cardio fitness and stamina • Feel the endorphin rush
CYCLE CARDIO	LES MILLS sprint	LES MILLS SPRINT™ is a High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.		High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle and train your body to burn fat • Push your mental and physical limits
HIIT STRENGTH CARDIO	LES MILLS GRIT STRENGTH	LES MILLS GRIT™ Strength is a scientifically designed High-Intensity Interval Training (HIIT) workout that burns calories and uses barbells, plates and bodyweight exercises to make you strong, toned and unbelievably fit.		High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle and train your body to burn fat • Push your mental and physical limits
HIIT CARDIO	LES MILLS GRIT CARDIO	LES MILLS GRIT™ Cardio is a scientifically designed High-Intensity Interval Training (HIIT) workout that uses bodyweight exercises with a focus on speed and intensity to rapidly burn fat and improve your cardiovascular fitness.		High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle and train your body to burn fat • Push your mental and physical limits
HIIT CARDIO	LES MILLS GRIT ATHLETIC	LES MILLS GRIT™ Athletic is a scientifically designed High-Intensity Interval Training (HIIT) workout that uses weight plates, bodyweight exercises and explosive agility training to build a lean and athletic body.		High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle and train your body to burn fat • Push your mental and physical limits
YOUTH FITNESS	BORN TO MOVE	BORN TO MOVE™ enables children to experience the vitality and joy that comes from moving to music – and in turn, nurtures a life-long love of physical activity. Each of the five different BORN TO MOVE™ programs is optimized for a specific age group and their core developmental stage, to suit both early years and school years.	10 – 50 Mins	Moderate-High with a huge focus on FUN	<ul style="list-style-type: none"> • Nurtures a life-long love of physical activity • Builds motor skills to aid development • Improves agility • Improves balance and flexibility • Develops coordination • Increases endurance and speed

*Shorter class formats available