

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:00AM - 6:00AM</p> <p>LES MILLS GRIT ATHLETIC 6:15AM - 6:45AM</p> <p>LES MILLS CORE 7:00AM - 7:30AM</p> <p>LES MILLS BODYATTACK 7:30AM - 8:15AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>LES MILLS BODYCOMBAT 9:45AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:15AM</p> <p>LES MILLS BODYPUMP 11:30AM - 12:00PM</p> <p>LES MILLS GRIT STRENGTH 12:15PM - 12:45PM</p> <p>LES MILLS GRIT CARDIO 1:00PM - 1:30PM</p> <p>LES MILLS BODYCOMBAT 1:30PM - 2:00PM</p> <p>LES MILLS BODYCOMBAT 3:30PM - 4:15PM</p> <p>LES MILLS CORE 4:30PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>LES MILLS <i>sprint</i> 6:30PM - 7:00PM</p> <p>LES MILLS GRIT ATHLETIC 7:00PM - 7:30PM</p>	<p>LES MILLS BODYATTACK 5:00AM - 5:45AM</p> <p>LES MILLS CORE 5:45AM - 6:15AM</p> <p>LES MILLS BODYPUMP 6:45AM - 7:30AM</p> <p>LES MILLS GRIT STRENGTH 7:45AM - 8:15AM</p> <p>LES MILLS BODYSTEP ATHLETIC 8:30AM - 9:15AM</p> <p>LES MILLS CORE 9:15AM - 9:45AM</p> <p>LES MILLS BODYATTACK 10:15AM - 11:00AM</p> <p>LES MILLS CORE 11:15AM - 12:00PM</p> <p>LES MILLS GRIT CARDIO 12:15PM - 12:45PM</p> <p>LES MILLS BODYCOMBAT 12:45PM - 1:45PM</p> <p>LES MILLS CORE 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 3:30PM - 4:15PM</p> <p>LES MILLS CORE 4:30PM - 4:45PM</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:30PM</p> <p>LES MILLS BODYFLOW 6:30PM - 7:30PM</p>	<p>LES MILLS BODYPUMP 5:00AM - 6:00AM</p> <p>LES MILLS GRIT CARDIO 6:15AM - 6:45AM</p> <p>LES MILLS CORE 7:00AM - 7:30AM</p> <p>LES MILLS BODYATTACK 7:30AM - 8:15AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:15AM</p> <p>LES MILLS BODYCOMBAT 9:15AM - 9:45AM</p> <p>LES MILLS BODYPUMP 11:15AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 12:15PM - 12:45PM</p> <p>LES MILLS CORE 1:00PM - 1:45PM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p>LES MILLS BODYATTACK 3:30PM - 4:15PM</p> <p>LES MILLS CORE 4:30PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p><i>sprint</i> 6:30PM - 7:00PM</p> <p>LES MILLS GRIT CARDIO 7:00PM - 7:30PM</p>	<p>LES MILLS BODYSTEP ATHLETIC 5:00AM - 6:00AM</p> <p>LES MILLS BODYCOMBAT 6:15AM - 7:00AM</p> <p>LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM</p> <p>LES MILLS GRIT STRENGTH 7:45AM - 8:15AM</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM</p> <p>LES MILLS CORE 9:45AM - 10:15AM</p> <p>LES MILLS GRIT ATHLETIC 10:30AM - 11:00AM</p> <p>LES MILLS BODYCOMBAT 11:00AM - 11:45AM</p> <p>LES MILLS GRIT ATHLETIC 12:15PM - 12:45PM</p> <p>LES MILLS BODYCOMBAT 12:45PM - 1:45PM</p> <p>LES MILLS CORE 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 3:30PM - 4:15PM</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:15PM</p> <p>LES MILLS BODYATTACK 5:30PM - 6:30PM</p> <p>LES MILLS BODYPUMP 6:30PM - 7:00PM</p> <p>LES MILLS GRIT STRENGTH 7:00PM - 7:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 6:00AM</p> <p>LES MILLS GRIT STRENGTH 6:15AM - 6:45AM</p> <p>LES MILLS CORE 7:00AM - 7:30AM</p> <p>LES MILLS BODYPUMP 7:30AM - 8:15AM</p> <p>LES MILLS BODYATTACK 8:30AM - 9:30AM</p> <p>LES MILLS CORE 9:40AM - 9:55AM</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:45AM</p> <p>LES MILLS GRIT CARDIO 12:15PM - 12:45PM</p>	<p>LES MILLS BODYATTACK 8:30AM - 9:30AM</p> <p>LES MILLS BODYCOMBAT 9:45AM - 10:45AM</p>	

LES MILLS
BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYFLOW

BODYFLOW® 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
BODYSTEP ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS
sprint

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

LES MILLS
BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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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.

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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.

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CORE

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

LES MILLS
CORE

Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

LES MILLS
GRIT | ATHLETIC


A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

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.



The Workout Company -
Raceland
Group Exercise Timetable