

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYATTACK 12:15AM - 1:15AM	LES MILLS GRIT STRENGTH 12:00AM - 12:30AM	LES MILLS BODYCOMBAT 12:45AM - 1:45AM	LES MILLS CORE 12:00AM - 12:45AM	LES MILLS BODYATTACK 12:30AM - 1:30AM	LES MILLS CORE 12:15AM - 1:00AM	LES MILLS BODYPUMP 12:15AM - 1:15AM
LES MILLS BODYCOMBAT 1:15AM - 2:15AM	LES MILLS CORE 12:30AM - 1:15AM	LES MILLS BODYPUMP 1:45AM - 2:45AM	LES MILLS BODYATTACK 12:45AM - 1:45AM	LES MILLS CORE 1:30AM - 2:15AM	LES MILLS BODYATTACK 1:00AM - 2:00AM	LES MILLS GRIT ATHLETIC 1:15AM - 1:45AM
LES MILLS BODYPUMP 2:15AM - 3:15AM	LES MILLS BODYCOMBAT 1:15AM - 2:15AM	LES MILLS CORE 2:45AM - 3:30AM	LES MILLS GRIT ATHLETIC 1:45AM - 2:15AM	LES MILLS BODYPUMP 2:15AM - 3:15AM	LES MILLS BODYPUMP 2:00AM - 3:00AM	LES MILLS BODYCOMBAT 1:45AM - 2:45AM
LES MILLS GRIT STRENGTH 3:15AM - 3:45AM	LES MILLS BODYATTACK 2:15AM - 3:15AM	LES MILLS BODYCOMBAT 3:30AM - 4:30AM	LES MILLS BODYCOMBAT 2:15AM - 3:15AM	LES MILLS BODYCOMBAT 3:15AM - 4:15AM	LES MILLS GRIT CARDIO 3:00AM - 3:30AM	LES MILLS BODYPUMP 2:45AM - 3:45AM
LES MILLS GRIT CARDIO 3:45AM - 4:15AM	LES MILLS BODYCOMBAT 3:15AM - 4:15AM	LES MILLS CORE 4:30AM - 4:45AM	LES MILLS GRIT CARDIO 3:15AM - 3:45AM	LES MILLS GRIT STRENGTH 4:15AM - 4:45AM	LES MILLS BODYATTACK 3:30AM - 4:30AM	LES MILLS GRIT ATHLETIC 3:45AM - 4:15AM
LES MILLS BODYPUMP 4:15AM - 4:45AM	LES MILLS CORE 4:15AM - 4:45AM	LES MILLS BODYPUMP 5:00AM - 6:00AM	LES MILLS BODYATTACK 3:45AM - 4:45AM	LES MILLS BODYCOMBAT 5:00AM - 6:00AM	LES MILLS CORE 4:30AM - 4:45AM	LES MILLS GRIT STRENGTH 4:15AM - 4:45AM
LES MILLS BODYPUMP 5:00AM - 6:00AM	LES MILLS BODYSTEP ATHLETIC 5:00AM - 6:00AM	LES MILLS GRIT ATHLETIC 6:15AM - 6:45AM	LES MILLS BODYATTACK 5:00AM - 6:00AM	LES MILLS GRIT STRENGTH 6:15AM - 6:45AM	LES MILLS BODYATTACK 5:00AM - 6:00AM	LES MILLS BODYATTACK 5:00AM - 6:00AM
LES MILLS GRIT CARDIO 6:15AM - 6:45AM	LES MILLS CORE 6:15AM - 6:45AM	LES MILLS CORE 7:00AM - 7:30AM	LES MILLS BODYCOMBAT 6:15AM - 7:00AM	LES MILLS CORE 7:00AM - 7:30AM	LES MILLS BODYCOMBAT 6:00AM - 7:00AM	LES MILLS BODYCOMBAT 6:00AM - 7:00AM
LES MILLS CORE 6:45AM - 7:15AM	LES MILLS BODYPUMP 6:45AM - 7:30AM	LES MILLS BODYATTACK 7:30AM - 8:15AM	LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM	LES MILLS BODYPUMP 7:30AM - 8:15AM	LES MILLS BODYPUMP 7:00AM - 8:00AM	LES MILLS CORE 7:00AM - 7:45AM
LES MILLS BODYATTACK 7:15AM - 8:00AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM	LES MILLS BODYPUMP 8:30AM - 9:15AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM	LES MILLS BODYATTACK 8:30AM - 9:30AM	LES MILLS CORE 8:00AM - 8:15AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM
LES MILLS CORE 8:00AM - 8:15AM	LES MILLS BODYSTEP ATHLETIC 8:30AM - 9:30AM	LES MILLS BODYCOMBAT 9:20AM - 9:50AM	LES MILLS BODYFLOW 8:30AM - 9:30AM	LES MILLS CORE 9:40AM - 9:55AM	LES MILLS BODYCOMBAT 9:30AM - 10:30AM	LES MILLS GRIT CARDIO 8:15AM - 8:45AM
LES MILLS BODYPUMP 8:30AM - 9:30AM	LES MILLS CORE 9:30AM - 10:15AM	LES MILLS BODYATTACK 10:00AM - 11:00AM	LES MILLS CORE 9:45AM - 10:15AM	LES MILLS BODYCOMBAT 10:00AM - 10:45AM	LES MILLS GRIT ATHLETIC 10:45AM - 11:15AM	LES MILLS GRIT ATHLETIC 8:45AM - 9:15AM
LES MILLS BODYATTACK 9:45AM - 10:30AM	LES MILLS BODYATTACK 10:15AM - 11:00AM	LES MILLS BODYPUMP 11:15AM - 11:45AM	LES MILLS GRIT ATHLETIC 10:30AM - 11:00AM	LES MILLS BODYATTACK 11:00AM - 12:00PM	LES MILLS BODYCOMBAT 11:15AM - 12:15PM	LES MILLS BODYATTACK 9:15AM - 10:15AM
LES MILLS CORE 10:30AM - 11:15AM	LES MILLS CORE 11:15AM - 12:00PM	LES MILLS CORE 11:45AM - 12:15PM	LES MILLS BODYCOMBAT 11:00AM - 11:45AM	LES MILLS GRIT CARDIO 12:15PM - 12:45PM	LES MILLS GRIT CARDIO 12:15PM - 12:45PM	LES MILLS CORE 10:15AM - 11:00AM
LES MILLS BODYPUMP 11:30AM - 12:00PM	LES MILLS GRIT CARDIO 12:15PM - 12:45PM	LES MILLS BODYCOMBAT 12:15PM - 12:45PM	LES MILLS CORE 11:45AM - 12:15PM	LES MILLS BODYCOMBAT 1:00PM - 2:00PM	LES MILLS BODYPUMP 12:45PM - 1:45PM	LES MILLS BODYATTACK 11:00AM - 12:00PM
LES MILLS GRIT STRENGTH 12:15PM - 12:45PM	LES MILLS BODYCOMBAT 12:45PM - 1:45PM	LES MILLS CORE 12:45PM - 1:00PM	LES MILLS GRIT ATHLETIC 12:15PM - 12:45PM	LES MILLS BODYPUMP 2:00PM - 3:00PM	LES MILLS BODYATTACK 1:45PM - 2:45PM	LES MILLS BODYCOMBAT 12:00PM - 1:00PM
LES MILLS CORE 12:45PM - 1:00PM	LES MILLS CORE 2:00PM - 2:45PM	LES MILLS CORE 1:00PM - 1:45PM	LES MILLS BODYCOMBAT 12:45PM - 1:45PM	LES MILLS CORE 3:00PM - 3:45PM	LES MILLS GRIT STRENGTH 2:45PM - 3:15PM	LES MILLS BODYPUMP 1:00PM - 2:00PM

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

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

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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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BODYCOMBAT

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

LES MILLS
BODYCOMBAT

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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BODYPUMP

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

LES MILLS
CORE

Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

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.

LES MILLS
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