

monday	06:45	SPRINT
	07:30	RPM
	08:30	THE TRIP
	09:30	SPRINT
	10:15	RPM
	11:15	THE TRIP
	12:15	SPRINT
	13:00	RPM
	14:00	THE TRIP
	15:00	SPRINT
	15:45	RPM
	16:45	THE TRIP
	18:45	SPRINT
19:30	RPM	
20:30	THE TRIP	

tuesday	06:45	RPM express
	07:30	SPRINT
	8:15	THE TRIP
	10:00	SPRINT
	10:45	THE TRIP
	11:45	RPM
	12:45	SPRINT
	1:30	THE TRIP
	2:30	RPM
	3:30	SPRINT
	4:15	THE TRIP
	5:15	RPM
	6:15	SPRINT
8:15	THE TRIP	

wednesday	6:45	THE TRIP
	7:45	SPRINT
	8:30	RPM
	9:30	THE TRIP
	10:30	SPRINT
	11:15	RPM
	12:15	THE TRIP
	1:15	SPRINT
	2:00	RPM
	3:00	THE TRIP
	4:00	SPRINT
4:45	RPM	
6:40	RPM express	

thursday	6:45	SPRINT
	7:30	RPM
	8:30	THE TRIP
	9:30	SPRINT
	10:15	RPM
	11:15	THE TRIP
	12:15	SPRINT
	1:00	RPM
	2:00	THE TRIP
	3:00	SPRINT
	3:45	RPM
4:45	THE TRIP	
5:45	SPRINT	
6:30	RPM	
7:30	THE TRIP	
8:30	SPRINT	

friday	6:45	RPM
	7:45	THE TRIP
	8:45	SPRINT
	10:15	RPM
	11:15	THE TRIP
	12:15	SPRINT
	1:00	RPM
	2:00	THE TRIP
	3:00	SPRINT
	3:45	RPM
	4:45	THE TRIP
5:45	SPRINT	
6:30	RPM express	
7:15	THE TRIP	
8:15	SPRINT	

saturday	8:15	SPRINT
	10:00	THE TRIP
	11:00	RPM
	12:00	SPRINT
	12:45	THE TRIP
	1:45	RPM
	2:45	SPRINT
	3:30	THE TRIP
	4:30	RPM
	5:30	SPRINT
	6:15	THE TRIP
7:15	RPM	
8:15	SPRINT	

sunday	08:15	THE TRIP
	09:15	RPM
	10:15	SPRINT
	11:00	THE TRIP
	12:00	RPM
	13:00	SPRINT
	13:45	THE TRIP
	14:45	RPM
	15:45	SPRINT
	16:30	THE TRIP
	17:30	RPM
18:30	SPRINT	
19:15	THE TRIP	
20:15	RPM express	

class timetable

including Virtual cycling



spin



fitness



january-april 2019

LES MILLS Virtual timetable

Big screen cycling workouts, all day, everyday.
No need to book! Just turn up and enjoy.

RPM™ a ride to the rhythm of powerful music.

SPRINT™ a high-intensity interval training workout.

THE TRIP™ a crazy ride through digitally-created worlds



blunsdon
fitness+

january-april 2019



blunsdon
fitness+



class guide

what is LES MILLS THE TRIP?

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.

LES MILLS classes...

BARRE™

A modern version of classic balletic training designed to shape and tone.

BODYATTACK™

A high-energy class with moves for beginners to total addicts.

BODYBALANCE™

a fusion of tai chi, yoga and pilates to improve your mind and body.

BODYCOMBAT™

A high-energy martial arts-inspired workout that is totally non-contact.

BODYPUMP™

a total body workout, using weights in time to motivational music.

BORN TO MOVE™

fun fitness for kids! Combining a motivating and scientifically proven mix of age-appropriate movement with music.

CXWORX™

a 30min core class using resistance tubes, weight plates and body weight.

RPM™

an indoor cycling workout where you ride to the rhythm of powerful music.

SPRINT™

a 30min high-intensity interval training (HIIT) cycling workout that returns rapid results.

TONE™

If you want the optimal mix of strength, cardio and core training this is it.

other classes...

Pilates

a 60min class focussing on stretching and strengthening the whole body.

Yoga

a 60min class that focuses on strength, flexibility & breathing to aid well-being



class timetable

jan-apr 2019

monday

09:30 - 10:15	BODYATTACK™ express
10:20 - 11:15	BODYBALANCE™
17:00 - 17:45	BORN TO MOVE™ age 8-12
17:45 - 18:30	RPM™
17:50 - 18:35	BODYCOMBAT™ express
18:40 - 19:10	CXWORX™
19:15 - 20:00	BODYPUMP™ express

tuesday

09:15 - 09:45	RPM™ express
09:15 - 09:45	BARRE™
09:55 - 10:40	TONE™
10:45 - 11:45	Pilates
17:00 - 17:45	BORN TO MOVE™ age 6-7
18:00 - 18:30	BARRE™
18:35 - 19:05	TONE™ express
19:10 - 19:55	BODYBALANCE™ express

wednesday

09:30 - 10:15	BODYPUMP™ express
10:20 - 11:20	Yoga
17:55 - 18:25	SPRINT™
18:30 - 19:00	CXWORX™
19:05 - 20:05	Pilates

thursday

09:30 - 10:00	CXWORX™
10:05 - 11:05	Yoga
16:55 - 17:40	BORN TO MOVE™ age 8-12
17:45 - 18:30	BODYPUMP™ express
18:35 - 19:05	BODYATTACK™ express
19:10 - 20:10	Yoga

friday

09:30 - 10:00	RPM™ express
10:05 - 11:05	Pilates
16:55 - 17:40	BORN TO MOVE™ age 6-7
17:45 - 18:30	BODYPUMP™ express

saturday

09:00 - 09:45	RPM™
09:15 - 09:45	BARRE™
09:55 - 10:40	BODYPUMP™ express

sunday

09:15 - 10:00	BODYPUMP™ express
10:05 - 10:35	BODYBALANCE™

can't find a class at the time you want?

Take a look at our **LES MILLS Virtual RPM™, SPRINT™ or THE TRIP™** timetable overleaf.