

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	

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

friday	06:45	RPM
	07:45	THE TRIP
	08:45	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
17:45	SPRINT	
18:30	RPM express	
19:15	THE TRIP	

tuesday	06:45	RPM
	07:45	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
	17:45	SPRINT
	18:30	RPM
19:30	THE TRIP	
20:30	SPRINT	

thursday	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
	17:45	SPRINT
18:30	RPM	
19:30	THE TRIP	
20:30	SPRINT	

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



september-december 2018

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

class timetable

including Virtual cycling



spin



fitness

NEW!
LES MILLS
THE TRIP & SPRINT

the first virtual classes
in Swindon!



blunston
fitness+

september-december 2018



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.

GRIT™ Strength, Cardio & Plyo

a range of testing 30min high-intensity interval training workouts.

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...

Outdoor Bootcamp

enjoy the outdoors and get fit fast! Suitable for all levels of fitness

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

sep-dec 2018

monday

09:30 - 10:15	BODYATTACK™ express
10:20 - 10:50	BARRE™
17:45 - 18:30	RPM™
17:50 - 18:35	BODYCOMBAT™ express
18:40 - 19:10	CXWORX™
19:15 - 20:00	BODYPUMP™ express

thursday

09:30 - 10:25	BODYCOMBAT™
10:30 - 11:30	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

tuesday

08:55 - 09:25	RPM™ express
09:30 - 10:15	TONE™
10:45 - 11:45	Pilates
16:55 - 17:40	BORN TO MOVE™ age 6-7
17:45 - 18:30	TONE™
18:35 - 19:20	BODYBALANCE™ express
19:25 - 19:55	BARRE™

friday

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

wednesday

09:30 - 10:15	BODYPUMP™ express
10:20 - 10:50	BARRE™
10:55 - 11:55	Yoga
17:05 - 17:50	BORN TO MOVE™ age 8-12
17:55 - 18:25	SPRINT™
17:55 - 18:25	GRIT™
18:30 - 19:00	CXWORX™
19:05 - 20:05	Pilates

saturday

09:00 - 09:45	BODYPUMP™ express
09:00 - 09:45	RPM™
09:50 - 10:35	BODYBALANCE™ express

sunday

09:15 - 10:00	BODYPUMP™ express
09:15 - 10:00	Outdoor Bootcamp
10:05 - 10:35	BARRE™

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.