

monday	
09:30 - 10:15	BODYATTACK™ express
10:20 - 11:20	Yoga
16:10 - 16:55	BORN TO MOVE™ age 6-7
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 - 10:00	BORN TO MOVE™ age 2-3
09:25 - 09:55	RPM™ express
10:05 - 10:50	STONE™
10:55 - 11:55	Pilates
18:00 - 18:45	STONE™
18:50 - 19:45	BODYBALANCE™

wednesday	
09:30 - 10:15	Circuits
10:20 - 11:05	Dance Aerobics
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
17:45 - 18:30	BODYPUMP™ express
18:35 - 19:05	BODYATTACK™ express
19:10 - 20:10	Yoga

friday	
09:15 - 10:00	BORN TO MOVE™ age 2-3
09:30 - 10:00	RPM™ express
10:05 - 11:05	Pilates
16:40 - 17:25	BORN TO MOVE™ age 6-7
17:30 - 18:15	BORN TO MOVE™ age 8-12
17:30 - 18:15	RPM™

saturday	
08:45 - 09:30	RPM™
09:40 - 10:25	STONE™

sunday	
08:45 - 9:15	SPRINT™
09:30 - 10:15	BODYPUMP™ express
10:20 - 11:20	Yoga

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.

monday	07:00	THE TRIP
	08:00	SPRINT
	08:45	RPM
	09:45	THE TRIP
	11:40	SPRINT
	12:15	RPM
	13:15	THE TRIP
	14:15	SPRINT
	15:00	RPM
	16:00	THE TRIP
	17:00	SPRINT
	18:45	RPM Express
20:45	THE TRIP	

wednesday	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	THE TRIP
19:45	SPRINT	
20:30	RPM	

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 express
	16:30	THE TRIP
	18:30	SPRINT
19:15	RPM	
20:15	SPRINT	

tuesday	06:45	RPM
	07:45	SPRINT
	08:30	THE TRIP
	10:05	SPRINT
	10:45	THE TRIP
	11:45	RPM
	12:45	SPRINT
	13:30	THE TRIP
	14:30	RPM
	15:30	SPRINT
	16:15	THE TRIP
	17:15	RPM
	18:15	SPRINT
	19:00	THE TRIP
20:00	RPM	
21:00	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	08:05	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	09:30	RPM
	10:15	THE TRIP
	11:15	SPRINT
	12:00	RPM
	13:00	THE TRIP
	14:00	SPRINT
	14:45	RPM
	15:45	THE TRIP
	16:45	SPRINT
	17:30	RPM
	18:30	THE TRIP
	19:30	SPRINT
20:15	RPM express	



september-december 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