

## monday

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

## tuesday

06:40 - 07:25	<b>BODYPUMP™</b> express
09:20 - 09:50	<b>RPM™</b> express
09:55 - 10:40	<b>STONE™</b>
10:45 - 11:45	<b>Pilates</b>
18:00 - 18:45	<b>STONE™</b>
18:50 - 19:45	<b>BODYBALANCE™</b>

## wednesday

06:40 - 07:25	<b>Group cycle</b>
09:30 - 10:15	<b>BODYPUMP™</b> express
10:20 - 11:20	<b>BODYBALANCE™</b>
17:40 - 18:25	<b>BORN TO MOVE™</b> age 6-7 parents can do SPRINT below
17:55 - 18:25	<b>SPRINT™</b>
18:30 - 19:00	<b>CXWORX™</b>
19:05 - 20:05	<b>Pilates</b>

## thursday

06:40 - 07:25	<b>Circuits</b>
09:30 - 10:00	<b>CXWORX™</b>
10:05 - 11:05	<b>Yoga</b>
17:45 - 18:30	<b>BODYPUMP™</b> express
18:35 - 19:05	<b>BODYATTACK™</b> express
19:10 - 20:10	<b>Yoga</b>

## friday

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

## saturday

09:00 - 09:45	<b>BORN TO MOVE™</b> age 8-12 parents can do RPM below
09:00 - 09:45	<b>RPM™</b>
09:55 - 10:40	<b>BODYPUMP™</b> express

## sunday

09:15 - 10:00	<b>BODYPUMP™</b> express
10:10 - 10:40	<b>SPRINT™</b>

## 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	<b>THE TRIP</b>
	08:00	<b>SPRINT</b>
	08:45	<b>RPM</b>
	09:45	<b>THE TRIP</b>
	11:40	<b>SPRINT</b>
	12:15	<b>RPM</b>
	13:15	<b>THE TRIP</b>
	14:15	<b>SPRINT</b>
	15:00	<b>RPM</b>
	16:00	<b>THE TRIP</b>
	17:00	<b>SPRINT</b>
	18:45	<b>THE TRIP</b>
	19:45	<b>SPRINT</b>
20:30	<b>RPM</b>	

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

wednesday	07:45	<b>SPRINT</b>
	08:30	<b>RPM</b>
	09:30	<b>THE TRIP</b>
	10:30	<b>SPRINT</b>
	11:15	<b>RPM</b>
	12:15	<b>THE TRIP</b>
	13:15	<b>SPRINT</b>
	14:00	<b>RPM</b>
	15:00	<b>THE TRIP</b>
	16:00	<b>SPRINT</b>
	16:45	<b>RPM</b>
18:40	<b>RPM</b>	
20:30	<b>THE TRIP</b>	

thursday	06:45	<b>SPRINT</b>
	07:30	<b>RPM</b>
	08:30	<b>THE TRIP</b>
	09:30	<b>SPRINT</b>
	10:15	<b>RPM</b>
	11:15	<b>THE TRIP</b>
	12:15	<b>SPRINT</b>
	13:00	<b>RPM</b>
	14:00	<b>THE TRIP</b>
	15:00	<b>SPRINT</b>
	15:45	<b>RPM</b>
	16:45	<b>THE TRIP</b>
	17:45	<b>SPRINT</b>
	18:30	<b>RPM</b>
19:30	<b>THE TRIP</b>	
20:30	<b>SPRINT</b>	

friday	06:45	<b>RPM</b>
	07:45	<b>THE TRIP</b>
	08:45	<b>SPRINT</b>
	10:15	<b>RPM</b>
	11:15	<b>THE TRIP</b>
	12:15	<b>SPRINT</b>
	13:00	<b>RPM</b>
	14:00	<b>THE TRIP</b>
	15:00	<b>SPRINT</b>
	15:45	<b>RPM</b>
	16:45	<b>THE TRIP</b>
17:45	<b>SPRINT</b>	
18:30	<b>RPM express</b>	
19:15	<b>THE TRIP</b>	

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

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



may-august 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