

Class Descriptions

BODYBALANCE™ – LES MILLS VIRTUAL

Combining Yoga, tai chi and Pilates, BODYBALANCE™ is a powerful workout that builds flexibility and strength. But that's not all. This holistic program offers so much more than simply a workout – it's your personal 'time out' from the stress and strains of daily life.

BODYCOMBAT™ – LES MILLS VIRTUAL

BODYCOMBAT™ is the hugely empowering cardio workout where participants feel totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

CXWORX™ - LES MILLS VIRTUAL

Based on cutting edge scientific research, CXWORX™ is the ultimate way to get a strong and toned core. Featuring integrated training techniques and resistance tubing for dynamic movements, CXWORX™ focuses on training muscles in the same way that they are used. Supported by the hottest soundtrack and inspirational coaching, this challenging workout delivers real results and takes core training to a whole new level.

SH'BAM™ – LES MILLS VIRTUAL

Featuring simple but seriously hot dance moves, SH'BAM™ is perfect for anyone looking to shape up and let out their inner star – even if dance isn't their natural thing.

Set to a soundtrack of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. What's more, its modern soundtrack and fresh choreography will ensure it remains one of the hottest fitness programs around.

BODY PUMP™ – LES MILLS VIRTUAL

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit fast.

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

HIIT TRAINING

The latest HIIT Training techniques with traditional 'Old School' bodyweight exercises to set your metabolism on fire! Work hard for less time, and see results!

COMBAT

This is a cardio class inspired by martial arts where you can punch, kick and fight through a total body workout to great music. Burn heaps of calories and feel great whilst you're doing it! Great if your goal is Weight Loss or General Fitness.

LBT (Legs, Bums & Tums)

This class targets the main areas that most people want, combination of lunges, squats, plyometric and abdominals. With an element of cardiovascular work and suitable for all levels of fitness

CIRCUITS

Circuits will really put you through your paces while being as challenging as you want it to be. Expect to have every muscle group targeted and pushed by our highly motivating instructors. The workout will be different each time involving short cardio intervals, ab exercises and various weights exercises. Circuits is designed for those who are looking at toning their whole body and burning calories.

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GROUP CYCLE

Spin is the indoor cycling workout where you ride to the rhythm of powerful music. Take on terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within!

ZUMBA

Zumba combines Latin and International music with a fun and effective dance workout system. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class

ABS BLAST

Abs Blast classes involve a combination of exercises that focus on strengthening the core group of muscles, in order to benefit you for your everyday tasks, whilst improving the tone & strength of your abs.

ULTRAFIT

The workout that gets big results. Using bodyweight exercises that targets large muscle groups in the body for greater effect. Ultrafit will obliterate calories and create lean and functionally strong bodies in quick time, high intensity intervals and get quick results.

KETTLEBELLS

Kettlebell training is a unique form of exercise that is fun and scientifically proven to burn fat fast, increase strength and improve cardiovascular fitness. Learn the fundamentals of kettlebell training whilst working every muscle in your body.

FITNESS FUSION

Combining two classes into one, this fun and energetic class challenges your muscles in different ways to burn fat, tone muscle, build core strength and improve your speed, agility and endurance.

TABATA TRAINING

This high intensity interval training class focusses on your whole body with each exercise lasting just 4 minutes but delivering big results. This fun and challenging class will improve your muscular endurance, burn fat and tone your whole body.

BODY CONDITIONING

Fantastic All Body Workout for all levels of fitness not only are you working the muscles hard but also great for your fitness levels. FUN and challenging by doing drill work and timed bound exercises

BOOT CAMP

Challenge yourself with this fast- paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

BOXFIT

The workout is an all body workout and a great stress buster whilst having fun doing it. Working on technique and learning a variety of combinations and your fitness levels will increase and so will your muscle definition