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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
6.30am							
8.15am							
9.00am							
9.15am							
10:15am							
10:30am							
5.00pm							
5:30pm							
6:00pm							
6.30pm							

 	<p>BODYATTACK is a high energy fitness class with movements that cater for the total beginners to the total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push ups and squats.</p>
 	<p>BODYBALANCE is the yoga-based class that incorporates Tai Chi and Pilates. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all exercises; instructors will always provide options for those just getting started. Yoga mats are not provided. Feel free to bring your own.</p>
 	<p>BODYCOMBAT is a high-energy martial art inspired workout, is totally non-contact the instructor will challenge you to up the intensity and motivate you to make the most of every round. You will release stress, have a blast, and feel like a champ.</p>
 	<p>BODYPUMP is a barbell workout for anyone looking to get lean and toned, using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. 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.</p>
 	<p>BODYSTEP is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2000 steps per session, you will see results in record time. Get in step with one of the best fitness classes the world has to offer.</p>
 	<p>LES MILLS CORE is achievable for any level of fitness, using resistance tubes and weight plates, as well as bodyweight exercises like crunches and hovers. You will also get into some hip, glute, and lower back exercises. A strong core makes all the things you do in life better, from everyday life to your favourite sports.</p>
 	<p>RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training – sweat and burn to reach your endorphin high!</p>
 	<p>LES MILLS MIXUP is a showcase each week of a different LESMILLS program. Turn up and try something new. This showcase consists of BODYATTACK, BODYBALANCE, BODYCOMBAT, BODYPUMP, BODYSTEP, LESMILLS CORE, RPM, BODYVIVE, SH'BAM and LESMILLS TONE.</p>
 	<p>LESMILLS MASHUP is a fun and unique class where a few tracks of our Les Mills programs are put together to create the high energy of BODYATTACK, martial arts of BODYCOMBAT, strong core of LESMILLS CORE, high energy cardio blast of BODYSTEP, the insanely addictive dance workout of SH'BAM, aerobic and resistance training of LESMILLS TONE and the functional workout of BODYVIVE.</p>