

CAMBRIDGE FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BOOTCAMP	BODYPUMP 30 LM CORE	LES MILLS RPM	BOOTCAMP			
8.00am						LES MILLS RPM	
9.15am	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP
				LES MILLS RPM			
10:15am	LES MILLS BODYPUMP						
4.30pm							LES MILLS BODYBALANCE
5:30pm	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYBALANCE			
6pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM				

<p>LES MILLS BODYATTACK</p>	<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 pushups and squats.</p>
<p>LES MILLS BODYBALANCE</p>	<p>BODYBALANCE is a 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.</p>
<p>LES MILLS BODYCOMBAT</p>	<p>BODYCOMBAT® is a high-energy martial arts inspired workout that is totally non-contact. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast, and feel like a champ.</p>
<p>LES MILLS BODYPUMP</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.</p>
<p>LES MILLS BODYSTEP</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</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>LES MILLS RPM</p>	<p>RPM is an 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.</p>