

CAMBRIDGE FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BOOT CAMP	BODYPUMP 30 LM CORE	LES MILLS RPM	BOOT CAMP			
8.00am						LES MILLS RPM	
9.15am	LES MILLS BODYSTEP	CAMFIT CIRCUIT	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP
				LES MILLS BODYBALANCE			
10:15am	LES MILLS BODYPUMP						LES MILLS BODYBALANCE
5:30pm		LES MILLS BODYPUMP	CAMFIT HIIT	LES MILLS CORE			
6.00pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM				
	CAMFIT HIIT						
6.30pm			YOGA FLOW				

	<p>BOOTCAMP is a high-energy, full-body workout session designed to build strength, endurance, and overall fitness through a mix of exercises performed in a group setting. It combines cardio, strength training, and bodyweight exercises in a fast-paced, team-oriented environment.</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>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 scientifically proven moves and techniques pumping out encouragement, motivation, and great music.</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 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>
	<p>Get ready to add CAMFIT HIIT workouts to your life and take your fitness to the next level. You'll be addicted to the results. CAMFIT HIIT workout build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn, maximizing calorie burn.</p>
	<p>In a CAMFIT CIRCUIT class, you rotate through a set of exercise stations, spending a specific amount of time or reps at each one. The workout may include strength training, cardio bursts, core work, and functional movements, making it a balanced and effective full-body session.</p>
	<p>YOGA FLOW is a style of yoga practice where poses are linked together in a smooth, continuous sequence, usually coordinated with the breath.</p>