

# CAMBRIDGE FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	<b>BOOTCAMP</b>	<b>BODYPUMP 30</b> <b>LM CORE</b>	<b>LES MILLS</b> <b>RPM</b>	<b>BOOTCAMP</b>			
8.00am						<b>LES MILLS</b> <b>RPM</b>	
9.15am	<b>LES MILLS</b> <b>BODYSTEP</b>		<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>LES MILLS</b> <b>BODYPUMP</b>
				<b>LES MILLS</b> <b>BODYBALANCE</b>			
10:15am	<b>LES MILLS</b> <b>BODYPUMP</b>						<b>LES MILLS</b> <b>BODYBALANCE</b>
5:30pm		<b>LES MILLS</b> <b>BODYPUMP</b>	<b>CAMFIT</b> <b>HIIT</b>	<b>LES MILLS</b> <b>CORE</b>			
6.00pm	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>				
	<b>CAMFIT</b> <b>HIIT</b>						
6.30pm			<b>YOGA</b> <b>FLOW</b>				

<b>LES MILLS</b> <b>BODYATTACK</b>	<p><b>BODYATTACK</b> 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>
<b>LES MILLS</b> <b>BODYBALANCE</b>	<p><b>BODYBALANCE</b> is a yoga-based class that incorporates Tai Chi and Pilates. During <b>BODYBALANCE</b> 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>
<b>LES MILLS</b> <b>BODYCOMBAT</b>	<p><b>BODYCOMBAT®</b> is a high-energy martial art 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>
<b>LES MILLS</b> <b>BODYPUMP</b>	<p><b>BODYPUMP</b> is a barbell workout for anyone looking to get lean and toned, using light to moderate weights with lots of repetition, <b>BODYPUMP</b> 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>
<b>LES MILLS</b> <b>BODYSTEP</b>	<p><b>BODYSTEP</b> 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>
<b>LES MILLS</b> <b>CORE</b>	<p><b>LES MILLS CORE</b> 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>
<b>LES MILLS</b> <b>RPM</b>	<p><b>RPM</b> 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>
<b>CAMFIT</b> <b>HIIT</b>	<p>Get ready to add <b>CAMFIT HIIT</b> workouts to your life and take your fitness to the next level. You'll be addicted to the results. <b>CAMFIT HIIT</b> workout build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn, maximizing calorie burn.</p>
<b>YOGA</b> <b>FLOW</b>	<p><b>YOGA FLOW</b> is a style of yoga practice where poses are linked together in a smooth, continuous sequence, usually coordinated with the breath.</p>