

PROGRAM	CATEGORY	DESCRIPTION	DURATION	INTENSITY	BENEFITS
LES MILLS BODYFLOW	Mind / Body	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.	55*	Low	→ Improve joint flexibility & range of motion → Tone & shape → Enhance mental wellbeing
LES MILLS SH'BAM	Dance	FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes.	45	Moderate	→ Burn calories → Tone & shape → Develop self expression
LES MILLS tone	Strength Cardio Core	FEEL REVIVED. Low-moderate impact, total body workout. Get your core working harder, for a leaner, stronger you.	45	Moderate	→ Improve heart & lung fitness → Tone & shape → Strengthen the core
LES MILLS barre	Strength	BEAUTIFUL BURN. Ballet inspired style of training that works to shape and tone your whole body.	30	Moderate	→ Tone & shape → Strengthen the core → Improve joint flexibility & range of motion
LES MILLS CXWORX	Strength	FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core.	30	Moderate	→ Tighten & tone → increase functional strength → Improve balance and stability
LES MILLS BODYJAM	Dance	EXPRESS YOURSELF. Fuelled by street culture, a dance and cardio workout that will leave you feeling hyped.	55*	Moderate – High	→ Burn calories → Tone & shape → Develop self expression
LES MILLS BODYPUMP	Strength	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.	55*	Moderate – High	→ Increase strength / endurance → Tone & shape → Help maintain bone health
LES MILLS RPM	Cardio	RIDE HARD. High intensity interval training set to tunes that will get your pulse racing. Get results faster.	45	Moderate – High	→ Improve heart & lung fitness → Increase leg strength & endurance
LES MILLS BODYSTEP	Cardio	FEEL ALIVE. The fast-paced, explosive step workout that will leave you upbeat and ready for more.	55*	Moderate – High	→ Improve heart and lung fitness → Improve agility & coordination → Increase strength & endurance
LES MILLS BODYCOMBAT	Cardio	BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.	55*	High	→ Tone & shape → Increase strength & endurance → Build self-confidence
LES MILLS BODYATTACK	Cardio	BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes.	55*	High	→ Improve agility, coordination and endurance → Improve heart & lung fitness
LES MILLS sprint	HIIT	RAPID RESULTS. Quick and hard style of cycle training returns rapid results with zero joint impact.	30	High	→ Shape & tone → Burn calories → Improve heart & lung fitness
LES MILLS GRIT	HIIT	STRENGTH / PLYO / CARDIO. High Intensity Interval Training. Uses barbell, weight plate and body weight exercises.	30	High	→ Rapidly improve strength → Increase lean muscle → Get fit fast