























STUDIO A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a	Strength Development <small>LES MILLS</small>		LES MILLS BODYPUMP		LES MILLS BODYBALANCE		
5:30a		LES MILLS CORE		<i>Core</i> FUSION			
6:30a		LES MILLS BODYPUMP 		LES MILLS BODYPUMP 			
7:00a							LES MILLS BODYPUMP 
8:00a				 LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	
8:15a	Strength Development <small>LES MILLS</small>	<i>FOAM roll</i> 	LES MILLS PILATES		<i>Core</i> FUSION		
9:00a						LES MILLS BODYSTEP	
9:15a	LES MILLS BODYSTEP	LES MILLS BODYPUMP	<i>Core</i> FUSION	Strength Development <small>LES MILLS</small>	LES MILLS BODYSTEP		
10:00a						LES MILLS PILATES	
10:15a	LES MILLS BODYBALANCE 		LES MILLS BODYBALANCE 		LES MILLS BODYBALANCE		
12:30p			LES MILLS BODYPUMP 		LES MILLS BODYPUMP 		LES MILLS BODYBALANCE 
3:00p						LES MILLS BODYPUMP 	
4:30	LES MILLS BODYBALANCE	LES MILLS PILATES	LES MILLS BODYSTEP	LES MILLS BODYPUMP	 LES MILLS CORE		
5:30p	LES MILLS BODYPUMP	LES MILLS BODYSTEP	Strength Development <small>LES MILLS</small>		LES MILLS BODYBALANCE 		
6:30p	 ZUMBA		 ZUMBA				
8:00p	 LES MILLS BODYCOMBAT	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 	LES MILLS BODYPUMP 			

 DENOTES LIVE CLASS

 DENOTES VIRTUAL CLASS

SCHEDULE EFFECTIVE 04/27/26

LES MILLS
IMMERSIVE FITNESS

STUDIO B



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a		LES MILLS <i>sprint</i>		LES MILLS <i>sprint</i>			
7:00a	LES MILLS ▶ THE TRIP		LES MILLS ▶ THE TRIP		LES MILLS ▶ THE TRIP		
7:15a						LES MILLS <i>sprint</i>	
7:30a		LES MILLS ▶ THE TRIP		LES MILLS ▶ THE TRIP			
8:00a						<i>Core</i> FUSION	
8:30a							LES MILLS <i>sprint</i>
9:00a						LES MILLS <i>BODYBALANCE</i>	
9:15a	LES MILLS <i>RPM</i>		LES MILLS <i>sprint</i>		LES MILLS <i>RPM</i>		
10:15a	Thrive 45	Thrive 45	Thrive 45	Thrive 45			
11:00a						LES MILLS ▶ THE TRIP	
12:30p	LES MILLS ▶ THE TRIP	LES MILLS ▶ <i>RPM</i>	LES MILLS ▶ THE TRIP	LES MILLS ▶ <i>RPM</i>	LES MILLS ▶ THE TRIP		LES MILLS ▶ THE TRIP
2:00p						LES MILLS ▶ <i>RPM</i>	
5:30p		LES MILLS <i>sprint</i>	LES MILLS PILATES				
6:30p	LES MILLS ▶ THE TRIP						
7:30p		LES MILLS ▶ THE TRIP		LES MILLS ▶ THE TRIP			



DENOTES LIVE CLASS



DENOTES VIRTUAL CLASS

SCHEDULE EFFECTIVE 04/27/26

LES MILLS
IMMERSIVE FITNESS