

MAIN GROUP FITNESS STUDIO

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			LES MILLS BODYPUMP 45 MIN CLASS		LES MILLS BODYPUMP 45 MIN CLASS			
9:00 AM							LES MILLS BODYPUMP HEAVY 60 MIN CLASS	LES MILLS BODYSTEP 30 MIN CLASS
9:30 AM								LES MILLS BODYPUMP 30 MIN CLASS
10:15 AM							LES MILLS THRIVE 45 MIN CLASS	LES MILLS BODYBALANCE 60 MIN CLASS
5:30 PM		LES MILLS THRIVE 45 MIN CLASS	LES MILLS BODYSTEP 45 MIN CLASS		LES MILLS BODYSTEP 45 MIN CLASS			
6:15 PM		LES MILLS BODYPUMP 60 MIN CLASS	LES MILLS CORE 30 MIN CLASS	LES MILLS BODYPUMP HEAVY 60 MIN CLASS	LES MILLS CORE 30 MIN CLASS			
6:45 PM			LES MILLS BODYBALANCE 60 MIN CLASS		LES MILLS BODYBALANCE 60 MIN CLASS			

CYCLE STUDIO

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				LES MILLS RPM 60 MIN CLASS		LES MILLS RPM 60 MIN CLASS		
6:15 AM		LES MILLS sprint 30 MIN CLASS						
8:00 AM							LES MILLS RPM 60 MIN CLASS	
12:15 PM			LES MILLS sprint 30 MIN CLASS		LES MILLS sprint 30 MIN CLASS			
5:30 PM			LES MILLS RPM 60 MIN CLASS	LES MILLS sprint 30 MIN CLASS	LES MILLS RPM 60 MIN CLASS			

GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
LES MILLS BODYPUMP LES MILLS BODYPUMP HEAVY	60 mins	<p>BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!</p> <p>BODYPUMP HEAVY™ is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, this powerful class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique.</p>
	45 and 30 mins	BODYPUMP® Express 45 and 30-minute express formats. Participants still have the opportunity to work large and small muscle groups in these formats. Achieving that full body weights workout.
LES MILLS BODYSTEP	45 and 30 mins	<p>BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it...</p>
		BODYSTEP® Express 45 and 30-minute express formats. Provide a combination of strength and mobility together with a cardio hit.
LES MILLS BODYBALANCE	60 mins	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
LES MILLS CORE	30 mins	LM CORE®, based on cutting-edge scientific research, is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. LM CORE® will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.
LES MILLS THRIVE	45 mins	LES MILLS THRIVE™ is the workout that meets you wherever you are on your fitness journey. A 45-minute low-impact session that helps you feel fit, strong and in control - whatever your fitness level. Moving at your own pace, you can improve lower body and core strength, flexibility, and balance. Expert coaching ensures you get the most from the science-backed exercises. You finish feeling empowered, happy and fit for life.
LES MILLS RPM	60 mins	RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.
LES MILLS sprint	30 mins	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

**GROUP FITNESS CLASSES OFFER A HIGH ENERGY,
MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.**

**CLICK NOW TO CLAIM
YOUR 5 DAY FREE PASS!**

