

### MAIN GROUP FITNESS STUDIO

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

### CYCLE STUDIO

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		
8:00 AM							<b>LES MILLS RPM</b>	
12:15 PM			<b>LES MILLS sprint</b>		<b>LES MILLS sprint</b>			
5:15 PM		<b>LES MILLS sprint</b>		<b>LES MILLS sprint</b>				
5:30 PM			<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>			

## GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
<b>LES MILLS</b> <b>BODYPUMP</b>	60 mins	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!
	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.
<b>LES MILLS</b> <b>BODYSTEP</b>	60 mins	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...
	45 and 30 mins	BODYSTEP® Express 45 and 30-minute express formats. Provide a combination of strength and mobility together with a cardio hit.
<b>LES MILLS</b> <b>BODYBALANCE</b>	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.
<b>LES MILLS</b> <b>CORE</b>	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.
<b>LES MILLS</b> <b>RPM</b>	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.
<b>LES MILLS</b> <b>sprint</b>	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!**

