























Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p> 6:00AM - 6:30AM</p> <p> 6:45AM - 7:30AM</p> <p> 7:45AM - 8:15AM</p> <p> 8:30AM - 9:20AM</p> <p> 9:30AM - 10:15AM</p> <p> 10:30AM - 11:00AM</p> <p> 11:15AM - 11:45AM</p> <p> 12:00PM - 12:45PM</p> <p> 1:00PM - 1:30PM</p> <p> 1:30PM - 2:00PM</p> <p> 2:15PM - 2:45PM</p> <p> 3:00PM - 3:30PM</p>	<p> 6:00AM - 6:30AM</p> <p> 6:30AM - 7:20AM</p> <p> 7:30AM - 8:15AM</p> <p> 8:30AM - 9:00AM</p> <p> 9:00AM - 9:30AM</p> <p> 9:45AM - 10:30AM</p> <p> 10:45AM - 11:35AM</p> <p> 12:00PM - 12:30PM</p> <p> 12:45PM - 1:35PM</p> <p> 2:00PM - 2:45PM</p> <p> 3:00PM - 3:45PM</p> <p> 4:00PM - 4:30PM</p>	<p> 6:00AM - 6:30AM</p> <p> 7:00AM - 7:30AM</p> <p> 7:35AM - 8:25AM</p> <p> 8:30AM - 9:00AM</p> <p> 9:05AM - 9:50AM</p> <p> 10:00AM - 10:50AM</p> <p> 11:00AM - 11:30AM</p> <p> 11:35AM - 12:20PM</p> <p> 12:30PM - 1:00PM</p> <p> 1:05PM - 1:55PM</p> <p> 2:00PM - 2:45PM</p> <p> 3:00PM - 3:30PM</p>	<p> 6:00AM - 6:30AM</p> <p> 7:00AM - 7:30AM</p> <p> 7:45AM - 8:35AM</p> <p> 8:45AM - 9:35AM</p> <p> 10:00AM - 10:30AM</p> <p> 10:45AM - 11:35AM</p> <p> 11:45AM - 12:15PM</p> <p> 12:30PM - 1:00PM</p> <p> 1:05PM - 1:50PM</p> <p> 2:00PM - 2:30PM</p> <p> 2:40PM - 3:25PM</p> <p> 3:30PM - 4:20PM</p>	<p> 6:00AM - 6:30AM</p> <p> 6:45AM - 7:35AM</p> <p> 7:45AM - 8:15AM</p> <p> 8:30AM - 9:20AM</p> <p> 9:30AM - 10:00AM</p> <p> 10:00AM - 10:30AM</p> <p> 10:45AM - 11:30AM</p> <p> 12:00PM - 12:30PM</p> <p> 12:45PM - 1:15PM</p> <p> 1:30PM - 2:15PM</p> <p> 2:30PM - 3:20PM</p> <p> 3:30PM - 4:00PM</p>	<p> 6:00AM - 6:45AM</p> <p> 7:00AM - 7:30AM</p> <p> 7:45AM - 8:35AM</p> <p> 9:00AM - 9:45AM</p> <p> 10:00AM - 10:30AM</p> <p> 11:00AM - 11:45AM</p> <p> 12:00PM - 12:50PM</p> <p> 1:00PM - 1:30PM</p> <p> 1:45PM - 2:15PM</p> <p> 2:30PM - 3:20PM</p> <p> 3:30PM - 4:15PM</p> <p> 4:30PM - 5:00PM</p>	<p> 6:00AM - 6:30AM</p> <p> 7:00AM - 7:45AM</p> <p> 8:00AM - 8:50AM</p> <p> 9:00AM - 9:30AM</p> <p> 10:00AM - 10:50AM</p> <p> 11:00AM - 11:45AM</p> <p> 12:00PM - 12:30PM</p> <p> 1:00PM - 1:45PM</p> <p> 2:00PM - 2:50PM</p> <p> 3:00PM - 3:30PM</p> <p> 4:00PM - 4:30PM</p> <p> 4:45PM - 5:35PM</p>
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ONDEMAND

On Demand

LESMILLS barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS BODYBALANCE

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYPUMP

The original barbell workout for anyone looking to get lean,

toned and fit - fast.

LESMILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LESMILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LESMILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LESMILLS RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LESMILLS SH'BAM


Fun-loving and insanely addictive dance workout. No dance experience required!

LESMILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LESMILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



Injoy Strasswalchen

Group Exercise Timetable