

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND						
6:00AM - 7:50AM LES MILLS BODYPUMP	6:00AM - 7:50AM LES MILLS CORE	6:00AM - 7:50AM LES MILLS CORE	6:00AM - 7:50AM LES MILLS CORE	6:00AM - 8:00AM LES MILLS CORE	6:00AM - 8:00AM LES MILLS CORE	6:00AM - 7:55AM LES MILLS BODYCOMBAT
10:30AM - 11:30AM LES MILLS barre	9:35AM - 10:05AM LES MILLS GRIT ATHLETIC	10:45AM - 11:15AM LES MILLS GRIT ATHLETIC	8:55AM - 9:25AM LES MILLS barre	10:45AM - 11:30AM LES MILLS BODYCOMBAT	8:30AM - 9:15AM LES MILLS BODYBALANCE	10:00AM - 11:00AM LES MILLS BODYPUMP
11:45AM - 12:15PM LES MILLS BODYBALANCE	10:15AM - 10:45AM LES MILLS SH'BAM	11:30AM - 12:00PM LES MILLS SH'BAM	9:30AM - 10:00AM LES MILLS BODYCOMBAT	11:45AM - 12:45PM LES MILLS BODYBALANCE	9:30AM - 10:00AM LES MILLS barre	11:15AM - 12:15PM LES MILLS CORE
12:30PM - 12:50PM LES MILLS BODYCOMBAT	11:00AM - 11:45AM LES MILLS BODYCOMBAT	12:00PM - 12:45PM LES MILLS barre	10:15AM - 11:15AM LES MILLS BODYBALANCE	1:00PM - 1:30PM LES MILLS barre	10:15AM - 10:45AM LES MILLS GRIT ATHLETIC	12:30PM - 1:15PM LES MILLS CORE
1:00PM - 2:00PM LES MILLS GRIT STRENGTH	12:00PM - 1:00PM LES MILLS BODYPUMP	1:00PM - 1:30PM LES MILLS BODYPUMP	11:30AM - 12:30PM LES MILLS BODYPUMP	2:00PM - 2:30PM LES MILLS BODYBALANCE	11:00AM - 11:30AM LES MILLS SH'BAM	1:30PM - 2:00PM LES MILLS SH'BAM
2:15PM - 2:45PM LES MILLS SH'BAM	1:15PM - 2:00PM LES MILLS GRIT CARDIO	1:45PM - 2:45PM LES MILLS BODYBALANCE	12:45PM - 1:45PM LES MILLS CORE	2:45PM - 3:45PM LES MILLS BODYCOMBAT	11:45AM - 12:30PM LES MILLS BODYPUMP	2:15PM - 3:00PM LES MILLS BODYBALANCE
3:00PM - 3:45PM LES MILLS BODYPUMP	2:15PM - 2:45PM LES MILLS CORE	3:00PM - 3:45PM LES MILLS GRIT STRENGTH	2:00PM - 2:30PM LES MILLS GRIT CARDIO	4:00PM - 5:00PM LES MILLS BODYPUMP	12:45PM - 1:45PM LES MILLS BODYBALANCE	3:15PM - 3:45PM LES MILLS BODYCOMBAT
8:00PM - 9:00PM LES MILLS GRIT CARDIO	3:00PM - 3:45PM LES MILLS BODYCOMBAT	4:00PM - 4:30PM LES MILLS SH'BAM	2:45PM - 3:15PM LES MILLS barre	5:15PM - 6:15PM LES MILLS CORE	2:00PM - 3:00PM LES MILLS CORE	4:00PM - 4:30PM LES MILLS BODYPUMP
9:15PM - 9:45PM	4:00PM - 5:00PM LES MILLS BODYBALANCE	4:45PM - 5:30PM LES MILLS CORE	3:30PM - 4:00PM LES MILLS SH'BAM	6:30PM - 7:00PM LES MILLS GRIT ATHLETIC	3:15PM - 4:00PM LES MILLS GRIT STRENGTH	4:45PM - 5:30PM LES MILLS CORE
	8:00PM - 9:00PM LES MILLS CORE	8:15PM - 8:45PM LES MILLS BODYPUMP	4:45PM - 5:30PM LES MILLS GRIT STRENGTH	7:15PM - 7:45PM LES MILLS SH'BAM	4:15PM - 4:45PM LES MILLS GRIT CARDIO	5:45PM - 6:15PM LES MILLS SH'BAM
	9:00PM - 9:45PM	9:00PM - 9:45PM	5:30PM - 6:00PM LES MILLS BODYPUMP	8:00PM - 8:45PM LES MILLS BODYBALANCE	7:00PM - 7:30PM LES MILLS BODYBALANCE	6:30PM - 7:15PM LES MILLS GRIT CARDIO
			7:30PM - 8:30PM	9:00PM - 9:45PM	7:40PM - 7:55PM	7:30PM - 8:00PM
			LES MILLS BODYBALANCE 8:40PM - 9:25PM			

ONDEMAND

On Demand

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.

LESMILLS BODYBALANCE

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 BODYBALANCE

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LESMILLS BODYCOMBAT

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

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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.

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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 (HIT) 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 SH'BAM

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



Injoy Strasswalchen

Group Exercise Timetable