






VIRTUAL CYCLE CLASS TIMETABLE

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
	ONDEMAND UNTIL 4.30AM	ONDEMAND UNTIL 4.30AM	ONDEMAND UNTIL 4.30AM	ONDEMAND UNTIL 4.30AM	ONDEMAND UNTIL 4.30AM	ONDEMAND UNTIL 5AM	ONDEMAND UNTIL 5AM
4:45AM	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS sprint		
5:30AM	LESMILLS sprint	FITNESS AQUATIC	LESMILLS sprint	LESMILLS THE TRIP 47	FITNESS AQUATIC	LESMILLS sprint	LESMILLS RPM 30
6:30AM	LESMILLS THE TRIP 47	LESMILLS sprint	LESMILLS THE TRIP 47	LESMILLS sprint	LESMILLS THE TRIP 47	LESMILLS sprint	LESMILLS sprint
7:15AM		LESMILLS RPM 30		LESMILLS RPM 30			
7:30AM						FITNESS AQUATIC	LESMILLS RPM 30
8:00AM	LESMILLS THE TRIP 47	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30		
8:30AM						LESMILLS THE TRIP 47	LESMILLS THE TRIP 47
8:50AM		LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS sprint		
9:30AM	FITNESS AQUATIC	LESMILLS THE TRIP 47	FITNESS AQUATIC	LESMILLS THE TRIP 47	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30
10:00AM-1:30PM						ONDEMAND	ONDEMAND
10:30AM	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint		
11:30AM	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint		
12:15PM	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30		
1:00PM-3:45PM	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND		
2:00PM						LESMILLS RPM 30	LESMILLS sprint
2:45PM							LESMILLS RPM 30
3:00PM						LESMILLS sprint	
4:00PM	LESMILLS sprint	LESMILLS RPM 30	LESMILLS THE TRIP 47	LESMILLS RPM 30	LESMILLS THE TRIP 47	LESMILLS THE TRIP 47	LESMILLS sprint
4:45PM	LESMILLS RPM 30	LESMILLS sprint		LESMILLS sprint			
5:00PM						LESMILLS sprint	LESMILLS THE TRIP 47
5:30PM	LESMILLS THE TRIP 47	FITNESS AQUATIC	LESMILLS THE TRIP 47	FITNESS AQUATIC	LESMILLS sprint		
FROM 6PM						ONDEMAND	ONDEMAND
6:15PM					LESMILLS RPM 30		
6:30PM	LESMILLS RPM 30	LESMILLS sprint	LESMILLS RPM 30	LESMILLS sprint			
7:15PM	LESMILLS sprint	LESMILLS THE TRIP 47	LESMILLS sprint	LESMILLS THE TRIP 47	LESMILLS sprint		
7:45PM-3:45AM						ONDEMAND	
8:00PM	LESMILLS RPM 30		LESMILLS RPM 30		LESMILLS RPM 30		
8:15PM		LESMILLS sprint		LESMILLS sprint			
FROM 9PM	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND		



VIRTUAL CYCLE CLASS DESCRIPTIONS:

<p>ONDEMAND</p>	<p>On Demand</p>
	<p>With this live class, your instructor is results focused to push your training to new levels. Challenges your training methods and road racing techniques to put you in a spin. Closed in footwear and towel required for this class.</p>
	<p>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.</p>
	<p>Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.</p>
	<p>Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.</p>
	<p>THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. This immersive fitness workout takes motivation and energy output to the next level, burning serious calories.</p>



LES MILLS
THE TRIP

RIDE THE FUTURE

FREE 3 DAY TRIAL!

Includes full access to over 70 live classes (both gym and aqua), over 160 virtual classes, both lap and hydro pools, full use of all premium Synergy, Life Fitness and Hammer Strength equipment, and an amazing purpose built crèche.



BRING A FRIEND DEAL

Rewarding our amazing members when they refer their friends to join. Training is easier with a friend. To say thank you, we'll give both you and your mate 2 weeks free membership! To activate your free membership, please fill out the below:

Member's name

Member's number

New member's name

New member's number

