

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

LES MILLS BODYBALANCE

LES MILLS RPM

LES MILLS GRIT

LES MILLS SH'BAM

LES MILLS CORE

Description	Duration	Exercise Type	Intensity	Burn Rate	Equipment	Results
THE ORIGINAL WEIGHTS CLASS THAT BUILDS STRENGTH, TONES YOUR BODY, AND PUSHES YOU TO THE LIMIT EVERY TIME. BE STRONG.	60min.	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 560 CALORIES	BARBELL, PLATES & HEIGHT-ADJUSTABLE STEP	INCREASES STRENGTH & ENDURANCE TONES & SHAPES. HELPS MAINTAIN BONE HEALTH.
A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE, UNLEASHING STRENGTH YOU NEVER KNEW YOU HAD.	55min.	MARTIAL ARTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	N/A	TONES & SHAPES, INCREASES STRENGTH AND ENDURANCE . BUILDS SELF-CONFIDENCE.
A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEAVES YOU LONG, STRONG, CALM AND CENTERED. FEEL BALANCED.	55min.	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT OPTIONAL	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION. TONES & SHAPES. ENHANCES MENTAL WELLBEING.
HIGH INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER. RIDE HARD.	45min.	INDOOR CYCLING CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	INDOOR STATIONARY BIKE	IMPROVES HEART & LUNG FITNESS. INCREASES STRENGTH AND ENDURANCE.
A HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT, DESIGNED TO IMPROVE STRENGTH, CARDIOVASCULAR FITNESS AND BUILD LEAN MUSCLE.	30min.	WEIGHTS-BASED RESISTANCE TRAINING	HIGH INTENSITY	AVERAGE OF 320 CALORIES	BARBELL, PLATES & HEIGHT-ADJUSTABLE STEP	INCREASES STRENGTH & ENDURANCE TONES & SHAPES. HELPS MAINTAIN BONE HEALTH.
CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND SHAKIN' TUNES. FREE YOURSELF.	45min.	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 510 CALORIES	N/A	BURNS CALORIES. TONES & SHAPES. DEVELOPS SELF-EXPRESSION. IMPROVES COORDINATION.
A PERSONAL TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30min.	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 210 CALORIES	RESISTANCE TUBE	TIGHTENS & TONES CORE MUSCLES. IMPROVES FUNCTIONAL STRENGTH FOR BALANCE MOBILITY & INJURY PREVENTION.