

our LES MILLS Virtual RPM™ classes

monday	06:45	45min
	07:45	30min
	08:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	30min
	17:15	30min
19:45	45min	
20:45	45min	

wednesday	06:45	45min
	07:45	30min
	08:30	45min
	09:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	30min
17:15	30min	
19:30	30min	

friday	06:45	30min
	07:30	45min
	08:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	45min
17:30	45min	

tuesday	06:45	45min
	07:45	30min
	08:30	45min
	09:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	45min
	20:00	45min
	21:00	30min

thursday	07:00	45min
	08:00	30min
	08:45	30min
	09:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	45min
	17:30	45min
	19:30	45min
20:30	45min	

saturday	08:15	30min
	10:45	45min
	11:45	45min
	12:45	45min
	13:45	45min
	14:45	45min
	15:45	45min
	16:45	45min
17:45	45min	
18:45	45min	
19:45	45min	

sunday	08:30	45min
	09:30	45min
	10:30	45min
	11:30	45min
	12:30	45min
	13:30	45min
	14:30	45min
	15:30	45min
	16:30	45min
	17:30	45min
	18:30	45min
19:30	45min	

LES MILLS Virtual RPM™ delivers the best cycling workout to the big screen - all day, everyday.

RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding.

Classes are either a FULL 45 minute or an EXPRESS 30 minute workout.

class timetable

including LES MILLS Virtual™



spin



fitness

NEW
LES MILLS
BODYCOMBAT™
BODYATTACK™
BODYVIVE™
classes!



blunsdon
fitness+

jan-mar 2017

bf+

blunsdon
fitness+

more LES MILLS classes

coming to Blunsdon Fitness+ from January 2017...

BODYCOMBAT™

A high-energy 60min martial arts-inspired workout that is totally non-contact.

Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed! Bring your best fighter attitude.

BODYATTACK™

A high-energy, express 30min class with moves for beginners to total addicts.

Combining athletic movements with strength exercises it'll challenge your limits and burn up to 730 calories!

BODYVIVE™

A complete 45 min express class of strength, cardio and core training.

One of the safest and most effective workouts around. It will help you burn up to 490 calories each class.

class guide

LES MILLS BODYBALANCE™

a fusion of tai chi, yoga and pilates to improve your mind and body

LES MILLS BODYPUMP™

a total body workout, using weights in time to motivational music

LES MILLS CXWORX™

a 30min core class using resistance tubes, weight plates and body weight

LES MILLS GRIT™ STRENGTH, CARDIO & PLYO

a 30-minute high-intensity interval training workout, designed to improve strength, cardiovascular fitness and build lean muscle. January sessions will be Strength, February will be Cardio and March will be Plyo.

Pilates

a 60min class focussing on stretching and strengthening the whole body

LES MILLS SPRINT™

a 30min high-intensity interval training (HIIT) cycling workout that returns rapid results with minimal joint impact

LES MILLS RPM™

a 45min indoor cycling workout where you ride to the rhythm of powerful music

Total Body Workout

a 55min total-body workout for an all-round fitness boost

TRX

a 30min workout that uses your bodyweight to perform exercises for toning and strength

Yoga

a 60min class that focuses on strength, flexibility & breathing to aid well-being

our classes

monday

09:30 - 10:15	RPM™
10:20 - 10:50	CXWORX™
10:55 - 11:55	BODYBALANCE™
17:50 - 18:20	GRIT™
18:00 - 18:45	RPM™
18:25 - 18:55	CXWORX™
19:00 - 19:30	SPRINT™
19:00 - 20:00	BODYCOMBAT™

tuesday

09:20 - 10:15	Total Body Workout
10:20 - 10:50	BODYATTACK™ express
10:20 - 10:50	TRX
10:55 - 11:55	Pilates
17:45 - 18:30	RPM™
17:45 - 18:30	BODYVIVE™ express
18:35 - 19:20	BODYBALANCE™ express
19:25 - 20:10	BODYPUMP™ express

wednesday

09:25 - 09:55	GRIT™
10:00 - 10:30	CXWORX™
10:35 - 11:30	BODYPUMP™
17:55 - 18:25	GRIT™
17:55 - 18:25	SPRINT™
18:30 - 19:00	CXWORX™
18:35 - 19:20	RPM™
19:05 - 20:05	Pilates

thursday

09:30 - 10:00	TRX
09:30 - 10:15	BODYCOMBAT™
10:20 - 11:20	Yoga
17:45 - 18:30	BODYPUMP™ express
18:35 - 19:20	BODYATTACK™ express
18:35 - 19:20	RPM™
19:25 - 20:10	BODYBALANCE™ express

friday

09:30 - 10:30	Pilates
09:40 - 10:25	RPM™
10:35 - 11:05	CXWORX™
17:45 - 18:45	BODYPUMP™

saturday

08:45 - 09:45	BODYPUMP™
09:00 - 09:45	RPM™
09:55 - 10:25	SPRINT™
10:30 - 11:15	BODYCOMBAT™ express

sunday

09:30 - 10:15	BODYPUMP™ express
10:20 - 11:15	BODYBALANCE™

Can't find a class at the time you want?

Take a look at our **LES MILLS Virtual RPM™** timetable shown overleaf. With classes running all day, everyday!