

Western Village Health Club Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 4:30AM - 5:20AM Studio 1</p>	<p> LES MILLS RPM 4:30AM - 5:20AM Studio 1</p>	<p> LES MILLS sprint 4:30AM - 5:00AM Studio 1</p>	<p> LES MILLS RPM 4:30AM - 5:20AM Studio 1</p>	<p> LES MILLS sprint 4:30AM - 5:00AM Studio 1</p>	<p> LES MILLS CORE 7:30AM - 7:45AM Studio 1</p>	
<p> LES MILLS sprint 5:30AM - 6:00AM Studio 1</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Studio 1</p>	<p> LES MILLS sprint 5:30AM - 6:00AM Studio 1</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Studio 1</p>	<p> LES MILLS sprint 5:30AM - 6:00AM Studio 1</p>	<p> LES MILLS RPM 8:00AM - 8:50AM Studio 1</p>	
<p> LES MILLS RPM 8:00AM - 8:50AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 7:15AM - 7:45AM Studio 1</p>	<p> LES MILLS CORE 6:35AM - 7:20AM Studio 1</p>	<p> LES MILLS GRIT ATHLETIC 7:15AM - 7:45AM Studio 1</p>	<p> LES MILLS CORE 6:35AM - 7:20AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	
<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Studio 1</p>	<p> LES MILLS RPM 8:00AM - 8:50AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Studio 1</p>	<p> LES MILLS RPM 8:00AM - 8:50AM Studio 1</p>	<p> LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p>	
<p> LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p>	<p> LES MILLS SH'BAM 12:00PM - 12:45PM Studio 1</p>	
<p> LES MILLS CORE 12:00PM - 12:45PM Studio 1</p>	<p> LES MILLS BODYATTACK 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYATTACK 10:30AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p>		
<p> LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p>	<p> LES MILLS CORE 12:00PM - 12:45PM Studio 1</p>	<p> LES MILLS CORE 12:30PM - 1:00PM Studio 1</p>	<p> LES MILLS CORE 12:00PM - 12:30PM Studio 1</p>	<p> LES MILLS CORE 12:00PM - 12:45PM Studio 1</p>		
<p> LES MILLS RPM 4:05PM - 4:55PM Studio 1</p>	<p> LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 3:00PM - 4:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p>		
<p> LES MILLS BODYPUMP 5:00PM - 5:45PM Studio 1</p>	<p> LES MILLS RPM 4:05PM - 4:55PM Studio 1</p>	<p> LES MILLS RPM 4:05PM - 4:55PM Studio 1</p>	<p> LES MILLS RPM 4:05PM - 4:55PM Studio 1</p>	<p> LES MILLS RPM 4:05PM - 4:55PM Studio 1</p>		
<p> LES MILLS RPM 6:00PM - 6:50PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 5:30PM Studio 1</p>	<p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 5:30PM Studio 1</p>	<p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio 1</p>		
<p> LES MILLS SH'BAM 7:00PM - 7:45PM Studio 1</p>	<p> LES MILLS GRIT CARDIO 5:35PM - 6:05PM Studio 1</p>	<p> LES MILLS RPM 6:15PM - 6:45PM Studio 1</p>	<p> LES MILLS GRIT ATHLETIC 5:35PM - 6:05PM Studio 1</p>	<p> LES MILLS RPM 6:15PM - 7:05PM Studio 1</p>		
	<p> LES MILLS RPM 6:15PM - 7:05PM Studio 1</p>	<p> LES MILLS SH'BAM 7:00PM - 7:45PM Studio 1</p>	<p> LES MILLS RPM 6:15PM - 7:05PM Studio 1</p>			

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

 **LES MILLS**
SH'BAM
7:15PM - 8:00PM
Studio 1

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SH'BAM
7:15PM - 8:00PM
Studio 1

LES MILLS
BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS
BODYBALANCE

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

LES MILLS
BODYCOMBAT

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

LES MILLS
BODYCOMBAT

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

LES MILLS
BODYPUMP

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

LES MILLS
BODYPUMP

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

LES MILLS
CORE

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

LES MILLS
CORE

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

LES MILLS
CORE

Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

LES MILLS
GRIT | ATHLETIC

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

LES MILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT | STRENGTH

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

LES MILLS
RPM

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

LES MILLS
RPM

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

LES MILLS
SH'BAM

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

LES MILLS
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.

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