

Western Village Health Club Group Exercise Timetable

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



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



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



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



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



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Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.



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



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



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



A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.



Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.



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



High-intensity interval training that improves cardiovascular fitness.



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



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



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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