

LES MILLS
BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners & upwards. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. Instructors will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LES MILLS
GRIT

LES MILLS GRIT™ - is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength & build lean muscle. This workout uses barbell, weight plate & body weight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music & inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

AQUA AEROBICS - is a great resistance based training using a combination of water and equipment. As it is in water, it releases the pressure on joints making it comfortable to form a high energy class by burning loads of calories and having lots of fun! Suitable for all age groups – particularly those with joint issues.

INDOOR CYCLE – this is an on-the-bike based class that will simulate movements of those performed on an outdoor cycling experience in the comfort of a studio with our qualified instructor to guide you through sequences of sprints & hill climbs. Suitable for all levels of fitness – ideal for burning between 400-600 calories per session with the help of energetic music.

FLEX & STRETCH - is a low impact class focusing on stretching and loosening of muscles combined with the isolation of the core area. This will help to relieve stress and pressure from the joints and strengthen the core area and defines muscles.

BOOTCAMP – this is a combination class, incorporating strength, speed and power movements that is useful for all fitness levels. Class is 45 mins and will keep you coming back with a different set of drills each time.