

LesMills Virtual Class Timetable Studio 2

	Time	Class Type	Intensity
Monday	07:15 – 08:15	Body Balance 90	Low Intensity Yoga
	08:30 – 09:15	Core 42	Mid-High Intensity Core
	13:00 – 13:45	Body Attack 110	Mid Intensity Bodyweight
	16:00 – 16:45	Body Combat 84	High Intensity Martial Arts
	18:45 – 19:15	Barre	Mid Intensity Balletic Style
Tuesday	07:15 – 07:45	Body Balance 1	Low Intensity Yoga
	08:00 – 08:45	Body Combat 89	High Intensity Martial Arts
	16:00 – 17:00	Body Balance 91	Low Intensity Yoga
	17:15 – 17:45	Core 41	Mid-High Intensity Core
Wednesday	07:30 – 08:30	Body Combat 87	High Intensity Martial Arts
	08:45 – 09:45	Body Attack 114	Mid Intensity Bodyweight
	11:00 – 11:45	Body Balance 92	Low Intensity Yoga
	16:00 – 16:45	Body Combat 89	High Intensity Martial Arts
	17:00 – 17:30	Barre 12	Mid Intensity Balletic Style
	18:30 – 19:45	SH'BAM 41	Fast Paced Dance Workout
Thursday	07:15 – 08:00	Body Combat 83	High Intensity Martial Arts
	11:00 – 11:30	Body Combat 1	High Intensity Martial Arts
	13:00 – 13:30	Barre 1	Mid Intensity Balletic Style
	16:30 – 17:15	Body Balance 1	Low Intensity Yoga
	17:30 – 18:15	Body Balance 88	Low Intensity Yoga
Friday	07:30 – 08:15	Body Balance 92	Low Intensity Yoga
	08:30 – 09:15	SH'BAM 45	Fast Paced Dance Workout
	12:30 – 13:15	Body Combat 86	High Intensity Martial Arts
	16:30 – 17:00	Barre 13	Mid Intensity Balletic Style
	17:30 – 18:15	Body Combat 1	High Intensity Martial Arts
Saturday	09:15 – 10:00	Body Combat 1	High Intensity Martial Arts
	10:30 – 11:15	Body Balance 1	Low Intensity Yoga
Sunday	09:15 – 10:00	Body Balance 91	Low Intensity Yoga
	10:30 – 11:15	Body Combat 1	High Intensity Martial Arts

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Class Description

Body Balance: A yoga-based class that aims to improve your mind, body and life. Strengthen your entire body and leave feeling calm and centred. Ideal for all experience levels. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates.

Body Combat: A high-energy, martial arts-inspired, non-contact workout. Punch and kick your way to your fitness goals. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ!

Core: Inspired by elite athletic principles and backed by scientific research, this workout is designed to improve general health and sports performance. Build strength, stability and endurance in the core muscles and improve balance and assist injury prevention and recovery. Designed for all fitness levels.

Barre: A modern twist on classic balletic training, this 30 mins workout is designed to strengthen and shape the postural muscles and build core strength. A balance of cardio and strength training, with high reps and very low weights of small range-of-motion movements. This may look easy, but don't underestimate the burn!

SH'BAM: A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone where no dance experience is required. All you need is a playful attitude and a cheeky smile. Even if you walk in thinking you can't, you'll walk out knowing you can!

Body Attack: A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout

Virtual Class Exercise Policy

Class Etiquette

- Water is essential for all classes.
- Any illness, injuries and pregnancies should be reported to a member of staff prior to the start of the class.
- All classes must be booked via the 1Life app or at Reception.
- Members must clean down all equipment after the class has taken place.
- No Bags or coats are to be allowed in the studios due to them being a trip hazard.
- Footwear is to be worn on route to and from classes at all times.

Cancellation Policy

- Upon arrival, register your attendance at reception. Failure to do this could result in your space being allocated to a member on the waiting list.
- Attendance at reception after the class has started will result in your space being allocated to an available member on the waiting list
- If you cannot make a class, please cancel your reservation at the earliest opportunity. You can do this online www.meadhurst.co.uk, via the 1Life app, by emailing reception@meadhurstreception@1life.co.uk or by calling 01932 763500
- Failure to cancel your class reservation will result in a cautionary email to notify you to do so on the next occasion. If a failure to cancel a class reservation occurs three times then this will lead to your account being blocked from booking onto a class for a period of one week.