LesMills BODYPUMP

BODYPUMP™ is the ideal workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LesMills BODYATTACK

BODYATTACK™ combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats.

LesMills BODYBALANCE

In a BODYBALANCE® class you can expect to bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

LesMills BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. 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. Bring your best fighter attitude and leave inhibitions at the door.

LesMills CORE

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.

LesMills DANCE

LES MILLS DANCE is a high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. The workout is anchored in 3 cardio peaks, a warm-up, and a cool-down. It combines innovative dance movements with the latest music to drive energy and motivation in every move.

With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.

LesMills GRIT | CARDIO

LES MILLS GRIT™ Cardio is a high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LesMills GRIT | STRENGTH

LES MILLS GRIT™ Strength is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

LesMills GRIT | ATHLETIC

LES MILLS GRIT™ Athletic is a high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

LesMills RPM

RPM™ is a group indoor cycling workout where you control the intensity.

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

LesMills sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

LesMills THE TRIP

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

BORN TO MOVE LesMills

Ages 4-5; Ages 6-7; Ages 8-12; Ages 13-16

The program is a series of age-themed physical activity classes, designed to get children and teenagers moving. Mixing moderate and vigorous intensity moves, pre-tested to safely push their limits, it allows them to experience the thrill of mastering new skills. Their confidence grows and, as they fall in love with regular physical activity, so does their self-motivation.