**Les Mills GRIT™**
Strength/ Strength £
Builds strength and muscle which you burn calories post workout!

**Les Mills BODYJAM™**
The Original Group Exercise
Get on the dance floor and get high on the feeling of dance.

**Les Mills RPM™**
Kick and Kata your way through calories to superior cardio fitness.

**Les Mills BODYPUMP™**
The original barbell class that strengthens your whole body.
Lifts and Curls. Great music, awesome instructors and your choice of hand weights, steps, bars and floor space.

**Les Mills BODYBALANCE™**
The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**Les Mills CXWORX™**
Low Impact Cardio and toning series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Les Mills BODYCOMBAT™**
This is the original core combat workout designed to effectively burn calories with minimal impact on the body.

**Les Mills BODYSTRIKE™**
This is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach – your bodyweight and the forces of gravity. This new form of training will improve your energy levels and enhance your shape all at once.

**Les Mills Zumba®**
A spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.

**Les Mills CXWORX™**
A complete lower body workout for all those problem areas, legs, bums and tums. Get to grips with those wobbly bits!

**Les Mills LES MILLS® TONE™**
Lift and tone your whole body with this 45 minute workout that combines muscle strength and cardiovascular training.

**Les Mills LES MILLS® BODYCRAFT™**
Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind. Through a gentle yet effective routine, encourage relaxation and correct posture alignment.

**Les Mills LES MILLS® BODYWORX™**
Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you ‘real results’.

**Les Mills LES MILLS® GROOVE™**
This 3-hour personal training inspired core class.
Formulated with a carefully structured, scientific approach and unforgiving intensity, it has been designed to tightly tone and tone the abs, glutes, back, obliques and ‘vings’ connecting the upper and lower body, improve functional strength and assist in injury prevention. So, **GROOVE™** will get you results where it counts the most.

**Les Mills LES MILLS® BODYCRAFT™**
An empowering cardio workout where you and your instructor will take training to the next level, using barbells, plates and the bench to take training to the next level.

**Les Mills LES MILLS® GRIT™**
Putting the metabolism into overdrive to burn fat for hours after the workout.

**Les Mills LES MILLS® BODYWEAPON™**
The FKPro suspended bodyweight training system will improve your energy levels and enhance your shape all at once.

**Les Mills LES MILLS® CARDIO STRONG™**
A sub-acute, fully suspended bodyweight training system that uses a step to work your whole body in this fun, energetic class.

**Les Mills LES MILLS® Power Plate®**
This original barbell class that strengthens your whole body.

**Les Mills LES MILLS® LES MILLS® CARDIO STRONG™**
A sub-acute, fully suspended bodyweight training system that uses a step to work your whole body in this fun, energetic class.

**Les Mills LES MILLS® LES MILLS® CARDIO STRONG™**
A sub-acute, fully suspended bodyweight training system that uses a step to work your whole body in this fun, energetic class.