

FNM GYM Group Fitness Timetable

Effective as of 6 May 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.05am	CORE VIRTUAL ⌚ 30	BODYBALANCE VIRTUAL ⌚ 30	CORE VIRTUAL ⌚ 30	BODYCOMBAT VIRTUAL ⌚ 30	BODYPUMP VIRTUAL ⌚ 30			
5.45am	RPM ⌚ 45	BODYPUMP VIRTUAL ⌚ 60	BODYATTACK VIRTUAL ⌚ 45	BODYBALANCE VIRTUAL ⌚ 60	RPM ⌚ 45			
8.15am	STONE ⌚ 45	CORE ⌚ 30		BODYPUMP ⌚ 60	STONE ⌚ 45			
8.30am								
8.45am		BODYATTACK ⌚ 45				BODYATTACK ⌚ 45		
9.00am	SPRINT ⌚ 30		BODYPUMP VIRTUAL ⌚ 60		RPM ⌚ 45			
9.30am	BODYPUMP ⌚ 60	RPM ⌚ 45		CORE VIRTUAL ⌚ 30		BODYPUMP VIRTUAL ⌚ 60	BODYBALANCE VIRTUAL ⌚ 60	
10.00am			CORE VIRTUAL ⌚ 30		BODYBALANCE ⌚ 60			
10.30am	PILATES ⌚ 45							
12.00 - 1.00pm	VIRTUAL AVAILABLE ON DEMAND ... SEE RECEPTION							
1.00pm	BODYBALANCE VIRTUAL ⌚ 60				BODYBALANCE VIRTUAL ⌚ 60			
2.00 - 4.00 pm	VIRTUAL AVAILABLE ON DEMAND ... SEE RECEPTION							
4.45pm	BODYPUMP VIRTUAL ⌚ 45	CORE VIRTUAL ⌚ 30					RPM ⌚ 45	
4.55pm			SPRINT ⌚ 30	BODYATTACK VIRTUAL ⌚ 30				
5.15pm		RPM ⌚ 45						
5.30pm	BODYSTEP ⌚ 45		BODYPUMP ⌚ 60	RPM ⌚ 45				
6.00pm								
6.30pm	BODYPUMP VIRTUAL ⌚ 60	BODYBALANCE VIRTUAL ⌚ 60	BODYBALANCE ⌚ 60	CORE ⌚ 30				

Class Descriptions

Les Mills Smart Start - a guide to starting out on your fitness journey.

Download the plan here: <https://www.lesmills.com/smart-start/>

BODYATTACK™ is a high energy fitness class with moves that cater for total beginner to our total addicts. It combines athletic movements like running, lunging and jumping with strength such as pushups and squats.

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYSTEP™ is a full body cardio workout that gets everyone from newcomers to veterans engaged. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

LM TONE™ If you want the optimal mix of strength, cardio and core training this is it. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels.

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured 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 CORE™ provides the vital ingredient for a stronger body while chiseling your waist line. A Stronger core makes you better at all things you do - it's the glue that holds everything together.

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.

...

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. RPM uses simulated climbs and sprints in a workout where you control the intensity

FNM Zone is a 30min HIIT training class - with varying exercise formats and training goals this class is never the same. ZONE utilises a variety of equipment combined with body weight exercises to achieve maximum results.