

	Description	Duration	Weight loss	Endurance	Strength	Flexability	Speed / Agility
LES MILLS BODY PUMP	The fastest way to change your body shape, Pump is a high-energy class that is guaranteed to individually challenge participants, giving people that sense of achievement, whilst having a good time.	30 - 60 MINUTES	HIGH	MODERATE	HIGH	N/A	N/A
LES MILLS CXWORKX	Dynamic core training based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core.	30 MINUTES	N/A	MODERATE	MODERATE	LOW	N/A
LES MILLS BODY BALANCE	Body Balance is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.	30 - 60 MINUTES	N/A	MODERATE	LOW	HIGH	N/A
LES MILLS GRIT	A 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super-fast.	30 - 45 MINUTES	HIGH	MODERATE	HIGH	N/A	HIGH
AQUA	Aqua is a challenging and high energy class, the best low impact way to exercise, due to the significant reduction of the jarring effects on the body.	60 MINUTES	LOW TO MODERATE	MODERATE	LOW	LOW	N/A
COMBO	Combo is a combination of both strength and cardio. Strength being a component of a Pump class and cardio being a component of a Knockout class.	60 MINUTES	MODERATE	LOW	MODERATE	N/A	LOW
ACQUA POLE	Acquapole classes are a fun, versatile and modular way to carry out over 150+ exercises that shape and tone the abdomen, shoulders and hips.	30 - 45 MINUTES	MODERATE	MODERATE	MODERATE	N/A	N/A
KNOCKOUT	Knockout is an exhilarating boxing style class guaranteed to tone, shape and improve fitness like no other. So if you want to drop a few kilos or tone up like never before, give it a go!	60 MINUTES	MODERATE	LOW	LOW	N/A	MODERATE