

August

STUDIO CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TALISE Power Fit 7:00-7:45 Sajjad	LES MILLS sprint + CORE 7:05-7:55 Hany	TALISE Power Fit 7:00-7:45 Sajjad		TALISE Power Fit 7:00-7:45 Sajjad		
YOGA 8:00-9:00 Vijay	LES MILLS BODYPUMP 8:00-9:00 Anna		LES MILLS RPM 8:00-8:50 Greg	LES MILLS RPM 8:00-8:50 Greg	DETOX CORE 9:00-9:30 Hany	
ZUMBA fitness 9:05-10:00 Erick	LES MILLS BODYBALANCE 9:05-10:05 Anna	ZUMBA fitness 9:05-10:00 Erick	LES MILLS CXWORX 9:05-9:35 Rania	LES MILLS BODYPUMP 9:00-10:00 Rania	LES MILLS GRIT 9:35-10:05 Hany	LES MILLS sprint 09:10-9:40 Hany
		Pilates 10:05-11:00			LES MILLS RPM 10:10-11:00 Emma	CORE 09:45-10:30 Hany
		WOD 17:00-18:00 Sajjad	CORE 17:00-17:45 Hany	BOOTCAMP 17:00-17:50 Sajjad		ZUMBA fitness 17:00-17:55 Erick
Pilates 18:00-19:00	LES MILLS BODYPUMP 18:00-19:00 Alice		LES MILLS GRIT 17:45-18:15 Hany	LES MILLS BODYPUMP 18:00-19:00 Nikola	ZUMBA fitness 16:00-16:55 Erick	CORE 18:10-19:00 Sajjad
BOOTCAMP 19:10-20:00 Sajjad	LES MILLS RPM 19:10-20:00 Emma	ZUMBA fitness 19:10-20:05 Erick	LES MILLS sprint + CORE 18:20-19:05 Hany	LES MILLS BODYBALANCE 19:10-20:10 Nikola	WOD 17:00-18:00 Branko	
	YOGA 20:10-21:10 Vijay		YOGA 19:10-20:10 Vijay			

-  HIIT
-  CARDIO
-  SHAPE
-  BODY & MIND

INDOOR GYM	VIRTUAL	INDOOR SWIMMING POOL
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TRX 9:15-10:00 Alisher		TRX 8:15-9:00 Alisher				
LES MILLS BODYCOMBAT 6:15-6:45		TRX 18:10-18:55 Sajjad	LES MILLS BODYCOMBAT 6:00-6:55	AQUA AEROBICS 9:00-9:50 Erick	LES MILLS BODYBALANCE 7:05-8:00	LES MILLS BODYCOMBAT 7:00-7:55
LES MILLS BODYBALANCE 10:05-11:05	LES MILLS BODYBALANCE 6:00-6:55	LES MILLS BODYCOMBAT 6:00-7:00	LES MILLS BODYBALANCE 7:00-7:55	LES MILLS BODYCOMBAT 6:00-7:00	LES MILLS RPM 8:05-8:55	LES MILLS BODYBALANCE 8:00-9:00
LES MILLS RPM 11:15-12:05	LES MILLS CXWORX 10:15-10:45	sprint 11:10-11:40	sprint 10:30-11:00	LES MILLS BODYBALANCE 10:15-11:15	LES MILLS BODYPUMP 11:10-12:10	LES MILLS BODYPUMP 11:10-12:10
LES MILLS BODYPUMP 12:10-13:10	LES MILLS BODYPUMP 11:00-12:00	LES MILLS BODYPUMP 11:55-12:55	LES MILLS BODYPUMP 11:10-12:10	LES MILLS RPM 11:15-12:05	sprint 12:20-12:50	LES MILLS CXWORX 12:15-12:45
LES MILLS CXWORX 13:15-13:45	LES MILLS RPM 12:10-13:00	LES MILLS BODYBALANCE 13:10-14:05	LES MILLS RPM 12:15-13:05	LES MILLS BODYPUMP 12:10-13:10	LES MILLS BODYCOMBAT 13:20-14:15	LES MILLS BODYBALANCE 13:00-13:55
LES MILLS RPM 16:00-16:50	LES MILLS BODYPUMP 13:10-14:10	LES MILLS CXWORX 16:05-16:35	LES MILLS CXWORX 13:15-13:45	LES MILLS BODYBALANCE 13:10-14:05	LES MILLS BODYBALANCE 18:10-19:05	LES MILLS BODYBALANCE 16:00-16:55
LES MILLS BODYPUMP 17:00-17:50	LES MILLS CXWORX 16:05-16:35	LES MILLS BODYBALANCE 17:00-18:00	LES MILLS BODYBALANCE 16:00-16:55	LES MILLS BODYCOMBAT 16:00-16:50	LES MILLS RPM 19:15-20:05	LES MILLS BODYPUMP 19:10-20:10
LES MILLS BODYBALANCE 20:15-21:10	LES MILLS BODYCOMBAT 17:00-17:55	LES MILLS BODYPUMP 20:15-21:10	LES MILLS BODYCOMBAT 20:15-21:10	LES MILLS RPM 20:20-21:10	LES MILLS BODYCOMBAT 20:10-21:05	LES MILLS BODYBALANCE 20:15-21:10
LES MILLS BODYCOMBAT 21:20-22:20	LES MILLS BODYPUMP 21:15-22:15	LES MILLS BODYBALANCE 21:15-22:10	LES MILLS RPM 21:15-22:05	LES MILLS CXWORX 21:15-21:45	LES MILLS BODYPUMP 21:15-22:15	LES MILLS RPM 21:15-22:05

GX CLASSES DESCRIPTION

CARDIO – Improve your cardiovascular system and burn calories

BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

MASTERS SWIMMING Our qualified swimming coaches will direct you with a 4 strokes training plan that will build you endurance strength and swimming skills.

RPM™ the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

LES MILLS TONE™ is the total body workout combining 25-min of low-impact cardio with band work for strength, core, back and abs. Burn fat, tone and shape your muscles.

ZUMBA is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 700 calories per class; it all depends on how you exert yourself!

AQUA AEROBICS low impact workout using water as resistance. It's an ideal exercise that avoids undue stress on the joints.

SHAPE – Sculpt and strengthen your muscles and change the shape of your body

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

CORE is 30min or 45min workout that targets the mid-section of your body and gets you results where it counts the most.

DETOX is a signature class designed by Talise Fitness which focuses on detoxing the body. Sweat out toxins and cleanse yourself internally. This class is followed by a complementary detox drink in our Talise Café along with healthy nutrition tips.

TRX is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. A complete body workout that builds power, strength, flexibility, balance, mobility and core stability.

TALISE POWER FIT is a fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.

BOOTCAMP is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition.

WOD (Workout Of Day) is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve core strength and increase cardiovascular fitness.

HIIT (High Intensity Interval Training) - Burn more calories in a shorter period of time

SPRINT™ is a 30-min HIIT workout, using an indoor bike to achieve fast results.

It's a quick and hard style of training that returns rapid results with minimum joint impact.

GRIT SERIES Scientifically proven LES MILLS GRIT™ works. Set new fitness goals – then smash them! Put your metabolism into overdrive, burning calories for hours after the workout. Forget hours of training – 30 minutes are all it takes.

BODY & MIND – Release stress, improve flexibility and strengthen your core

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.

YOGA Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

PILATES is a workout that focuses on postural alignment and improving core strength.