



JOIN IN WITH
YOUR COMMUNITY FOR

BODYATTACK 100

APRIL 30

BODYATTACK 100
SINCE 1980

#FITTERTHANEVER

MONDAY, 2 APRIL

BODYATTACK #88 (30MIN)

CXWORX #28 (30MIN)

THURSDAY, 5 APRIL

BODYBALANCE/BODYFLOW #78 FLEXIBILITY (30MIN)

BODYCOMBAT #73 (30MIN)

MONDAY, 9 APRIL

BODYATTACK #88 (45MIN)

BODYBALANCE/BODYFLOW #78 STRENGTH (30MIN)

THURSDAY, 12 APRIL

CXWORX REMIX #03: CX ENDURANCE (30MIN)

BODYPUMP #103 (30MIN)

MONDAY, 16 APRIL

BODYATTACK #89 (30MIN)

SH'BAM #29 (30MIN)

THURSDAY, 19 APRIL

RPM SPEED #75 (20MIN)

BODYBALANCE/BODYFLOW #76 (55MIN)

MONDAY, 23 APRIL

BODYPUMP REMIX #05: PUMP CLASSICS (55MIN)

BODYATTACK #89 (45MIN)

THURSDAY, 26 APRIL

BODYSTEP #109 (55MIN)

BODYCOMBAT #73 (55MIN)

MONDAY, 30 APRIL

BODYATTACK #100

BODYATTACK 100



Take part in all the action
and share your feedback with
the LES MILLS On Demand
community

Join the [Squad](#) today



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