

Category	Program	Description	Intensity	Results	Duration					
					Live	Virtual	Content	On Demand		
					30'	45'	55'			
Strength	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>BODYPUMP™</b> is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.	Moderate – High	<ul style="list-style-type: none"> <li>Strengthen muscles</li> <li>Improve bone health</li> <li>Build core strength</li> <li>Get fit</li> </ul>	●	●	●	✓	✓	✓
Cardio	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>BODYCOMBAT™</b> is a high-energy martial art-inspired workout that fuels cardio fitness and strengthens your whole body. This non-contact class will improve your agility, speed, and release stress to leave you to feel amazing.	Moderate – High	<ul style="list-style-type: none"> <li>Fuel cardio fitness</li> <li>Develop coordination, agility, and speed</li> <li>Build core strength</li> <li>Master physical and mental resilience</li> </ul>	●	●	●	✓	✓	✓
Flexibility Mind Body	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>BODYBALANCE™</b> is the yoga-based class that will improve your mind, body, and overall wellbeing. With elements of Tai Chi, Pilates and yoga moves, you will strengthen your entire body, improve flexibility and reduce stress.	Low	<ul style="list-style-type: none"> <li>Improve flexibility</li> <li>Build core strength and stability</li> <li>Release tension</li> <li>Reduce stress + improve wellbeing</li> </ul>	●	●	●	✓	✓	✓
Cardio	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>BODYATTACK™</b> is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises.	Moderate – High	<ul style="list-style-type: none"> <li>Increase cardio fitness</li> <li>Improve agility and coordination</li> <li>Get fit fast</li> <li>Build athletic muscles</li> </ul>	●	●	●	✓	✓	✓
HIIT Strength and Cardio	<b>LES MILLS</b> <b>GRIT</b>	<p><b>LES MILLS GRIT™ STRENGTH</b> is a high-intensity interval training (HIIT) workout that combines scientifically-tested moves and weight exercises to build muscle and cardiovascular fitness.</p> <p><b>LES MILLS GRIT™ CARDIO</b> is a scientifically-tested workout that uses bodyweight exercises with a focus on speed. Develop anaerobic stamina and rapidly improve your cardiovascular fitness to get you fit – fast.</p> <p><b>LES MILLS GRIT™ ATHLETIC</b> is the next generation of high-intensity interval training. Use weight plates, bodyweight exercises and explosive agility training to build an athletic body.</p>	High	<ul style="list-style-type: none"> <li>Maximum performance, minimum time</li> <li>Strengthen muscle and improve agility</li> <li>Push your mental and physical limits</li> <li>Improve cardiovascular fitness</li> </ul>	●			✓	✓	✓
Core	<b>LES MILLS</b> <b>CORE</b>	<b>LES MILLS CORE™</b> is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.	Moderate	<ul style="list-style-type: none"> <li>Increase core strength and stability</li> <li>Tone and condition your abs, glutes and back</li> <li>Improve posture and movement control</li> <li>Build muscular endurance and resilience</li> <li>Restore function and flexibility to your core</li> </ul>	●	●		✓	✓	✓
Strength Cardio Core	<b>LES MILLS</b> <b>tone</b>	<b>LES MILLS TONE™</b> is the optimal mix of strength, cardio, and core training. It's an all-in-one functional fitness mix that gives you the freedom to work out at your own intensity.	Moderate – High	<ul style="list-style-type: none"> <li>Tone and strengthen muscles</li> <li>Take your fitness to the next level</li> </ul>		●				
Strength Cardio	<b>LES MILLS</b> <b>barre</b>	<b>LES MILLS BARRE™</b> is a low-impact, ballet-inspired workout which combines graceful movements with high-rep body weight exercises. It is designed to strengthen postural muscles and allows you to feel focused throughout your day.	Moderate – High	<ul style="list-style-type: none"> <li>Build strength</li> <li>Shape elegance</li> <li>Core strength</li> </ul>	●			✓		✓
Cardio	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>BODY STEP™</b> is an uplifting, full-body step workout that increases your overall fitness. With a mixture of body weight and optional weight plate exercises, it will improve your coordination, elevate your heart rate and strengthen your muscles.	Moderate – High	<ul style="list-style-type: none"> <li>Increase cardio fitness</li> <li>Improve power and functional strength</li> <li>Strengthen your legs and glutes</li> <li>Train your physical and mental agility</li> </ul>	●	●	●			✓

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Dance Cardio		<b>SH'BAM™</b> is the fun, insanely addictive way to learn new dance moves. Move with the squad to the latest tracks, while lifting your cardio, improve your coordination, and shaking off the stress of the day.	Moderate	<ul style="list-style-type: none"> <li>• Boost endorphins</li> <li>• Lose yourself in the music</li> </ul>	•	•		✓	✓	✓
Dance Cardio		<b>BODYJAM™</b> is a totally unique dance experience. It mashes up fresh choreography with the world's most cutting-edge music. An addictive workout that puts as much emphasis on having fun as breaking a sweat. Step out of your comfort zone and into a dance workout like nothing else.	Moderate – High	<ul style="list-style-type: none"> <li>• Increase cardio stamina</li> <li>• Improve agility and coordination</li> <li>• Build self confidence</li> <li>• Connect to the latest house, hip hop, and drum n bass music</li> </ul>	•	•				
Cycle Cardio		<b>THE TRIP™</b> is an immersive cycling workout that will elevate your heart rate and sensory experience. You will be transported to the future of fitness through digitally-created worlds and take your motivation to the next level.	Moderate – High	<ul style="list-style-type: none"> <li>• Strengthen and tone leg muscles</li> <li>• Increase cardio fitness and stamina</li> <li>• Feel the endorphin rush</li> </ul>		•		✓		✓
Cycle Cardio		<b>LES MILLS SPRINT™</b> is a transformative high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.	High	<ul style="list-style-type: none"> <li>• Maximum performance, minimum time</li> <li>• Build lean muscle get fit</li> <li>• Push your mental and physical limits</li> </ul>	•			✓	✓	✓
Cycle Cardio		<b>RPM™</b> is an indoor cycling workout that will shift your cardio fitness to a higher gear. Find your rhythm in the music, set your own resistance level, and hit an endorphin high.	Moderate – High	<ul style="list-style-type: none"> <li>• Build strong leg muscles</li> <li>• Increase cardio fitness and stamina</li> <li>• Feel the endorphin rush</li> </ul>	•	•		✓	✓	✓
Youth Fitness		<b>BORN TO MOVE™</b> enables children to experience the vitality and joy that comes from moving to music – and in turn, nurtures a life-long love of physical activity. Each of the five different <b>BORN TO MOVE</b> programs is optimized for a specific age group and their core developmental stage, to suit both early years and school years.	Moderate – High with a huge focus on FUN	<ul style="list-style-type: none"> <li>• Nurtures a life-long love of physical activity</li> <li>• Builds motor skills to aid development</li> <li>• Improves agility</li> <li>• Improves balance and flexibility</li> <li>• Develops coordination</li> <li>• Increases endurance and speed</li> </ul>	•	•	•			✓