

# Hamilton Island Fitness Club Les Mills Virtual Exercise Timetable

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS DANCE</b> 12:00PM - 12:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 1:00PM - 1:30PM</p> <p><b>LES MILLS BODYATTACK</b> 2:00PM - 2:45PM</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS CORE</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:45PM</p> <p><b>LES MILLS BODYBALANCE   FLEXIBILITY</b> 1:00PM - 1:30PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS CORE</b> 3:00PM - 3:30PM</p> <p><b>LES MILLS DANCE</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS GRIT   ATHLETIC</b> 12:00PM - 12:30PM</p> <p><b>LES MILLS BODYPUMP</b> 1:00PM - 1:45PM</p> <p><b>LES MILLS CORE</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS BODYATTACK</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM</p> <p><b>LES MILLS CORE</b> 1:00PM - 1:30PM</p> <p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM</p> <p><b>LES MILLS DANCE</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS BODYPUMP</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS GRIT   STRENGTH</b> 12:00PM - 12:30PM</p> <p><b>LES MILLS BODYATTACK</b> 1:00PM - 1:45PM</p> <p><b>LES MILLS BODYPUMP</b> 2:00PM - 2:45PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:00PM - 3:30PM</p> <p><b>LES MILLS BODYBALANCE   FLEXIBILITY</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>LES MILLS BODYCOMBAT</b> 1:00PM - 1:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM</p>	<p><b>LES MILLS CORE</b> 12:00PM - 12:30PM</p> <p><b>LES MILLS DANCE</b> 1:00PM - 1:45PM</p> <p><b>LES MILLS BODYBALANCE</b> 2:00PM - 2:20PM</p> <p><b>LES MILLS GRIT   ATHLETIC</b> 3:00PM - 3:30PM</p>

**LES MILLS**  
**BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

**LES MILLS**  
**BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

**LES MILLS**  
**BODYBALANCE** | FLEXIBILITY

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

**LES MILLS**  
**BODYBALANCE**

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

**LES MILLS**  
**BODYCOMBAT**

Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

**LES MILLS**  
**BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

**LES MILLS**  
**BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

**LES MILLS**  
**CORE**

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

**LES MILLS**  
**DANCE**

A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.

**LES MILLS**  
**DANCE**

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

**LES MILLS**  
**GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

**LES MILLS**  
**GRIT** | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

**LES MILLS**  
**GRIT** | **STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.

# Hamilton Island Fitness Club

## Les Mills Virtual Group Exercise Timetable