

# INGREBOURNE LINKS GOLF & COUNTRY CLUB Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>TOTAL TONING</b> 6:15AM - 7:00AM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 6:30AM - 7:15AM SPIN STUDIO</p> <p><b>LES MILLS BODYCOMBAT</b> 8:00AM - 9:00AM SPIN STUDIO</p> <p><b>LES MILLS BODYPUMP</b> 9:30AM - 10:15AM Studio 1</p> <p><b>PILATES</b> 10:00AM - 11:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 10:30AM - 11:00AM SPIN STUDIO</p> <p><b>LES MILLS BODYATTACK</b> 12:30PM - 1:30PM SPIN STUDIO</p> <p><b>LES MILLS SH'BAM</b> 4:00PM - 4:45PM SPIN STUDIO</p> <p><b>LES MILLS BODYATTACK</b> 5:00PM - 6:00PM SPIN STUDIO</p> <p><b>TOTAL TONING</b> 6:00PM - 6:45PM Studio 1</p> <p><b>BOXHIIT</b> 6:30PM - 7:15PM Studio 2</p> <p><b>Live Spin</b> 7:00PM - 7:45PM SPIN STUDIO</p>	<p><b>LES MILLS sprint</b> 6:30AM - 7:00AM SPIN STUDIO</p> <p><b>LES MILLS BODYATTACK</b> 7:30AM - 8:30AM SPIN STUDIO</p> <p><b>LES MILLS BODYBALANCE</b> 8:30AM - 9:30AM SPIN STUDIO</p> <p><b>TOTAL TONING</b> 9:30AM - 10:15AM Studio 1</p> <p><b>SCULPT</b> 10:00AM - 10:45AM Studio 2</p> <p><b>CORE</b> 10:20AM - 10:50AM Studio 1</p> <p><b>LES MILLS SH'BAM</b> 11:00AM - 11:45AM SPIN STUDIO</p> <p><b>LES MILLS RPM</b> 12:30PM - 1:20PM SPIN STUDIO</p> <p><b>BEGINNERS TONE</b> 5:30PM - 6:15PM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:30PM SPIN STUDIO</p> <p><b>BEGINNERS TONE</b> 6:30PM - 7:15PM Studio 1</p> <p><b>Live Spin</b> 7:30PM - 8:15PM SPIN STUDIO</p>	<p><b>LES MILLS RPM</b> 6:30AM - 7:20AM SPIN STUDIO</p> <p><b>BOXHIIT</b> 6:30AM - 7:00AM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 7:30AM - 8:30AM SPIN STUDIO</p> <p><b>LES MILLS GRIT   CARDIO</b> 9:00AM - 9:30AM SPIN STUDIO</p> <p><b>BEGINNERS YOGA</b> 10:00AM - 11:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 11:00AM - 11:30AM SPIN STUDIO</p> <p><b>LES MILLS SH'BAM</b> 12:30PM - 1:15PM SPIN STUDIO</p> <p><b>LES MILLS BODYPUMP</b> 12:30PM - 1:15PM Studio 1</p> <p><b>LES MILLS sprint</b> 5:30PM - 6:00PM SPIN STUDIO</p> <p><b>PILATES</b> 6:15PM - 7:15PM Studio 2</p> <p><b>CIRCUIT TRAINING</b> 6:30PM - 7:15PM Studio 1</p> <p><b>LES MILLS BODYATTACK</b> 7:00PM - 8:00PM SPIN STUDIO</p>	<p><b>LES MILLS RPM</b> 6:30AM - 7:20AM SPIN STUDIO</p> <p><b>LES MILLS GRIT   STRENGTH</b> 6:30AM - 7:00AM Studio 1</p> <p><b>LES MILLS BODYATTACK</b> 7:30AM - 8:30AM SPIN STUDIO</p> <p><b>LES MILLS sprint</b> 9:00AM - 9:30AM SPIN STUDIO</p> <p><b>SCULPT</b> 9:30AM - 10:15AM Studio 1</p> <p><b>LES MILLS BODYBALANCE</b> 11:00AM - 12:00PM SPIN STUDIO</p> <p><b>LES MILLS GRIT   CARDIO</b> 12:30PM - 1:00PM SPIN STUDIO</p> <p><b>LES MILLS BODYCOMBAT</b> 5:30PM - 6:30PM SPIN STUDIO</p> <p><b>LES MILLS BODYPUMP</b> 6:30PM - 7:15PM Studio 1</p> <p><b>LES MILLS RPM</b> 7:00PM - 7:50PM SPIN STUDIO</p> <p><b>SCULPT</b> 7:00PM - 7:45PM Studio 2</p> <p><b>VINYASA FLOW YOGA</b> 7:50PM - 8:50PM Studio 2</p>	<p><b>LES MILLS sprint</b> 6:30AM - 7:00AM SPIN STUDIO</p> <p><b>LES MILLS BODYPUMP</b> 6:30AM - 7:15AM Studio 1</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30AM - 9:00AM SPIN STUDIO</p> <p><b>ZUMBA</b> 9:00AM - 9:45AM Studio 1</p> <p><b>LES MILLS BODYBALANCE</b> 10:00AM - 11:00AM SPIN STUDIO</p> <p><b>LES MILLS RPM</b> 12:00PM - 12:50PM SPIN STUDIO</p> <p><b>LES MILLS BODYATTACK</b> 1:00PM - 2:00PM SPIN STUDIO</p> <p><b>LES MILLS sprint</b> 3:00PM - 3:30PM SPIN STUDIO</p> <p><b>LES MILLS BODYCOMBAT</b> 6:00PM - 7:00PM SPIN STUDIO</p> <p><b>LES MILLS RPM</b> 7:30PM - 8:20PM SPIN STUDIO</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30PM - 9:00PM SPIN STUDIO</p>	<p><b>LES MILLS GRIT   CARDIO</b> 8:00AM - 8:30AM SPIN STUDIO</p> <p><b>Ride &amp; Burn</b> 8:45AM - 9:45AM SPIN STUDIO</p> <p><b>HATHA YOGA</b> 9:15AM - 10:15AM Studio 1</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:50AM SPIN STUDIO</p> <p><b>LES MILLS BODYATTACK</b> 12:00PM - 1:00PM SPIN STUDIO</p> <p><b>LES MILLS BODYBALANCE</b> 1:30PM - 2:30PM SPIN STUDIO</p> <p><b>LES MILLS sprint</b> 3:00PM - 3:30PM SPIN STUDIO</p> <p><b>LES MILLS THE TRIP</b> 5:30PM - 6:15PM SPIN STUDIO</p> <p><b>LES MILLS SH'BAM</b> 7:00PM - 7:45PM SPIN STUDIO</p>	<p><b>LES MILLS THE TRIP</b> 7:30AM - 8:15AM SPIN STUDIO</p> <p><b>CIRCUIT TRAINING</b> 8:30AM - 9:15AM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 9:30AM - 10:30AM SPIN STUDIO</p> <p><b>HATHA YOGA</b> 10:15AM - 11:15AM Studio 1</p> <p><b>LES MILLS RPM</b> 12:30PM - 1:20PM SPIN STUDIO</p> <p><b>LES MILLS SH'BAM</b> 2:00PM - 2:45PM SPIN STUDIO</p> <p><b>LES MILLS BODYBALANCE</b> 4:00PM - 5:00PM SPIN STUDIO</p> <p><b>LES MILLS RPM</b> 5:30PM - 6:20PM SPIN STUDIO</p> <p><b>LES MILLS GRIT   CARDIO</b> 6:30PM - 7:00PM SPIN STUDIO</p> <p><b>LES MILLS BODYBALANCE</b> 7:30PM - 8:30PM SPIN STUDIO</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**LES MILLS**  
**BODYPUMP**  
7:00PM - 7:45PM  
Studio 1

**VINYASA FLOW YOGA**  
7:30PM - 8:30PM  
Studio 2

**LES MILLS**  
**sprint**  
8:30PM - 9:00PM  
SPIN STUDIO

**PILATES**  
7:30PM - 8:30PM  
Studio 2

**LES MILLS**  
**GRIT** | **CARDIO**  
8:30PM - 9:00PM  
SPIN STUDIO

**SCULPT**  
7:20PM - 8:05PM  
Studio 2

**ZUMBA**  
7:20PM - 8:05PM  
Studio 1

**LES MILLS**  
**sprint**  
8:30PM - 9:00PM  
SPIN STUDIO

## LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## LES MILLS **GRIT** | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

### **Live Spin**

Improves strength endurance, speed & Power

### **Ride & Burn**

High Intensity interval work& Burn tones muscles and maximizes weight loss with a combination of spin and weights.

## LES MILLS **sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

## 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 **BODYCOMBAT**

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

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

High-intensity interval training that improves cardiovascular fitness.

## LES MILLS **RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

## LES MILLS **SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!


## LES MILLS **sprint**

High-intensity interval training on a bike. It's a short, intense style of

training where the thrill and motivation comes from pushing your physical and mental limits.

## LES MILLS **THE TRIP**

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



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