

INGREBOURNE LINKS GOLF & COUNTRY CLUB Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>TOTAL TONING 6:15AM - 7:00AM Studio 1</p> <p>LES MILLS THE TRIP 6:30AM - 7:15AM SPIN STUDIO</p> <p>LES MILLS BODYCOMBAT 8:00AM - 9:00AM SPIN STUDIO</p> <p>LES MILLS BODYPUMP 9:30AM - 10:15AM Studio 1</p> <p>PILATES 10:00AM - 11:00AM Studio 2</p> <p>LES MILLS BODYATTACK 12:30PM - 1:30PM SPIN STUDIO</p> <p>LES MILLS BODYATTACK 5:00PM - 6:00PM SPIN STUDIO</p> <p>TOTAL TONING 6:00PM - 6:45PM Studio 1</p> <p>ZUMBA 6:30PM - 7:15PM Studio 2</p> <p>Live Spin 7:00PM - 7:45PM SPIN STUDIO</p> <p>LES MILLS BODYPUMP 7:00PM - 7:45PM Studio 1</p> <p>VINYASA FLOW YOGA 7:30PM - 8:30PM Studio 2</p>	<p>LES MILLS sprint 6:30AM - 7:00AM SPIN STUDIO</p> <p>LES MILLS BODYBALANCE 8:30AM - 9:30AM SPIN STUDIO</p> <p>TOTAL TONING 9:30AM - 10:15AM Studio 1</p> <p>Beginners Sculpt 10:00AM - 11:00AM Studio 2</p> <p>CORE 10:20AM - 10:50AM Studio 1</p> <p>LES MILLS SH'BAM 11:00AM - 11:45AM SPIN STUDIO</p> <p>LES MILLS RPM 12:30PM - 1:20PM SPIN STUDIO</p> <p>BEGINNERS TONE 5:30PM - 6:15PM Studio 1</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:30PM SPIN STUDIO</p> <p>BEGINNERS TONE 6:30PM - 7:15PM Studio 1</p> <p>Live Spin 7:30PM - 8:15PM SPIN STUDIO</p> <p>PILATES 7:30PM - 8:30PM Studio 2</p>	<p>LES MILLS RPM 6:30AM - 7:20AM SPIN STUDIO</p> <p>BOXHIIT 6:30AM - 7:00AM Studio 1</p> <p>LES MILLS BODYCOMBAT 7:30AM - 8:30AM SPIN STUDIO</p> <p>LES MILLS GRIT CARDIO 9:00AM - 9:30AM SPIN STUDIO</p> <p>BEGINNERS YOGA 10:00AM - 11:00AM Studio 2</p> <p>LES MILLS BODYPUMP 12:30PM - 1:15PM Studio 1</p> <p>LES MILLS sprint 5:30PM - 6:00PM SPIN STUDIO</p> <p>PILATES 6:15PM - 7:15PM Studio 2</p> <p>CIRCUIT TRAINING 6:30PM - 7:15PM Studio 1</p> <p>LES MILLS BODYATTACK 7:00PM - 8:00PM SPIN STUDIO</p> <p>SCULPT 7:20PM - 8:05PM Studio 2</p> <p>ZUMBA 7:25PM - 8:10PM Studio 1</p>	<p>LES MILLS RPM 6:30AM - 7:20AM SPIN STUDIO</p> <p>LES MILLS GRIT STRENGTH 6:30AM - 7:00AM Studio 1</p> <p>LES MILLS BODYATTACK 7:30AM - 8:30AM SPIN STUDIO</p> <p>LES MILLS sprint 9:00AM - 9:30AM SPIN STUDIO</p> <p>SCULPT 9:30AM - 10:15AM Studio 1</p> <p>LES MILLS BODYBALANCE 11:00AM - 12:00PM SPIN STUDIO</p> <p>LES MILLS GRIT CARDIO 12:30PM - 1:00PM SPIN STUDIO</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:00PM SPIN STUDIO</p> <p>SCULPT 7:00PM - 7:45PM Studio 2</p> <p>LES MILLS BODYPUMP 7:15PM - 8:00PM Studio 1</p> <p>VINYASA FLOW YOGA 7:50PM - 8:50PM Studio 2</p>	<p>LES MILLS BODYPUMP 6:15AM - 7:00AM Studio 1</p> <p>LES MILLS sprint 6:30AM - 7:00AM SPIN STUDIO</p> <p>LES MILLS GRIT CARDIO 8:30AM - 9:00AM SPIN STUDIO</p> <p>ZUMBA 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS BODYBALANCE 10:00AM - 11:00AM SPIN STUDIO</p> <p>LES MILLS RPM 12:00PM - 12:50PM SPIN STUDIO</p> <p>LES MILLS BODYATTACK 1:00PM - 2:00PM SPIN STUDIO</p> <p>LES MILLS sprint 3:00PM - 3:30PM SPIN STUDIO</p> <p>LES MILLS BODYCOMBAT 6:00PM - 7:00PM SPIN STUDIO</p> <p>LES MILLS RPM 7:30PM - 8:20PM SPIN STUDIO</p> <p>LES MILLS GRIT CARDIO 8:30PM - 9:00PM SPIN STUDIO</p>	<p>LES MILLS GRIT CARDIO 8:00AM - 8:30AM SPIN STUDIO</p> <p>Ride & Burn 8:45AM - 9:45AM SPIN STUDIO</p> <p>HATHA YOGA 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS RPM 10:00AM - 10:50AM SPIN STUDIO</p> <p>LES MILLS BODYATTACK 12:00PM - 1:00PM SPIN STUDIO</p> <p>LES MILLS BODYBALANCE 1:30PM - 2:30PM SPIN STUDIO</p> <p>LES MILLS sprint 3:00PM - 3:30PM SPIN STUDIO</p> <p>LES MILLS THE TRIP 5:30PM - 6:15PM SPIN STUDIO</p> <p>LES MILLS SH'BAM 7:00PM - 7:45PM SPIN STUDIO</p>	<p>LES MILLS THE TRIP 7:30AM - 8:15AM SPIN STUDIO</p> <p>CIRCUIT TRAINING 8:30AM - 9:15AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM SPIN STUDIO</p> <p>HATHA YOGA 10:15AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 12:30PM - 1:20PM SPIN STUDIO</p> <p>LES MILLS SH'BAM 2:00PM - 2:45PM SPIN STUDIO</p> <p>LES MILLS BODYBALANCE 4:00PM - 5:00PM SPIN STUDIO</p> <p>LES MILLS RPM 5:30PM - 6:20PM SPIN STUDIO</p> <p>LES MILLS GRIT CARDIO 6:30PM - 7:00PM SPIN STUDIO</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



8:30PM - 9:00PM
SPIN STUDIO



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 **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.



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

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