

INGREBOURNE LINKS GOLF & COUNTRY CLUB Group Exercise Timetable

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TOTAL TONING

7:00PM - 7:45PM
Studio 1

BEGINNERS YOGA

7:30PM - 8:30PM
Studio 2

SPRINT 8

8:00PM - 8:20PM
GYM FLOOR



8:30PM - 9:00PM
SPIN STUDIO

PILATES

7:30PM - 8:30PM
Studio 2

SPRINT 8

8:00PM - 8:20PM
GYM FLOOR



8:30PM - 9:00PM
SPIN STUDIO

PILATES

6:40PM - 7:40PM
Studio 2



7:00PM - 8:00PM
SPIN STUDIO

SPRINT 8

8:00PM - 8:20PM
GYM FLOOR

SPRINT 8

8:00PM - 8:20PM
GYM FLOOR

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

Restorative Yoga

A gentle yoga practice incorporating Pranayama. with mindful meditation. Finishing with a relaxation that will leave you with an enhanced sense of well-being.

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.

SPRINT 8

Pre-programmed for beginner, intermediate, advanced or elite athletes, the short sprint-intensity workout allows you to enter your age, weight and desired level of intensity, and the equipment will automatically change speed and elevation or resistance during the workout as it moves through your sprint and recovery intervals

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 RPM BEGINNER

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

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.



**INGREBOURNE LINKS
GOLF & COUNTRY CLUB**
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