

# 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>SPRINT 8</b> 8:00AM - 8:20AM GYM FLOOR</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 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>Live Spin</b> 7:00PM - 7:45PM SPIN STUDIO</p> <p><b>TOTAL TONING</b> 7:00PM - 7:45PM Studio 1</p>	<p><b>LES MILLS sprint</b> 6:30AM - 7:00AM SPIN STUDIO</p> <p><b>SPRINT 8</b> 8:00AM - 8:20AM GYM FLOOR</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>BEGINNERS YOGA</b> 10:00AM - 10:45AM Studio 2</p> <p><b>CORE</b> 10:20AM - 10:50AM Studio 1</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>BEGINNERS TONE</b> 6:30PM - 7:15PM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:30PM SPIN STUDIO</p> <p><b>Live Spin</b> 7:30PM - 8:15PM SPIN STUDIO</p> <p><b>PILATES</b> 7:30PM - 8:30PM Studio 2</p>	<p><b>LES MILLS sprint</b> 6:30AM - 7:00AM SPIN STUDIO</p> <p><b>CIRCUIT TRAINING</b> 6:30AM - 7:00AM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 7:30AM - 8:30AM SPIN STUDIO</p> <p><b>SPRINT 8</b> 8:00AM - 8:20AM GYM FLOOR</p> <p><b>LES MILLS GRIT   CARDIO</b> 9:00AM - 9:30AM SPIN STUDIO</p> <p><b>BEGINNERS YOGA</b> 9:30AM - 10:30AM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 12:30PM - 1:15PM Studio 1</p> <p><b>LES MILLS SH'BAM</b> 12:30PM - 1:15PM SPIN STUDIO</p> <p><b>PILATES</b> 5:30PM - 6:30PM Studio 2</p> <p><b>LES MILLS sprint</b> 5:30PM - 6:00PM SPIN STUDIO</p> <p><b>CIRCUIT TRAINING</b> 6:30PM - 7:15PM Studio 1</p> <p><b>Restorative Yoga</b> 6:40PM - 7:40PM Studio 2</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>SPRINT 8</b> 8:00AM - 8:20AM GYM FLOOR</p> <p><b>CIRCUIT TRAINING</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 SH'BAM</b> 5:00PM - 5:45PM SPIN STUDIO</p> <p><b>Live Spin</b> 6:30PM - 7:15PM SPIN STUDIO</p> <p><b>SCULPT</b> 7:00PM - 7:45PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 7:00PM - 7:45PM Studio 1</p> <p><b>Restorative Yoga</b> 7:50PM - 8:50PM Studio 2</p>	<p><b>LES MILLS BODYPUMP</b> 6:15AM - 7:00AM Studio 1</p> <p><b>LES MILLS sprint</b> 6:30AM - 7:00AM SPIN STUDIO</p> <p><b>SPRINT 8</b> 8:00AM - 8:20AM GYM FLOOR</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30AM - 9:00AM SPIN STUDIO</p> <p><b>PILATES</b> 9:15AM - 10:00AM Studio 2</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 BODYPUMP</b> 6:00PM - 6:45PM Studio 1</p> <p><b>LES MILLS RPM</b> 6:30PM - 7:20PM 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 SH'BAM</b> 10:00AM - 10:45AM 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 GRIT   CARDIO</b> 7:00PM - 7:30PM SPIN STUDIO</p>	<p><b>LES MILLS THE TRIP</b> 7:30AM - 8:15AM SPIN STUDIO</p> <p><b>LES MILLS BODYCOMBAT</b> 8:30AM - 9:30AM SPIN STUDIO</p> <p><b>CIRCUIT TRAINING</b> 8:30AM - 9:15AM Studio 1</p> <p><b>HATHA YOGA</b> 9:30AM - 10:30AM 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

**BEGINNERS YOGA**

7:30PM - 8:30PM  
Studio 2

**SPRINT 8**

8:00PM - 8:20PM  
GYM FLOOR



8:30PM - 9:00PM  
SPIN STUDIO

**SPRINT 8**

8:00PM - 8:20PM  
GYM FLOOR



8:30PM - 9:00PM  
SPIN STUDIO



7:00PM - 8:00PM  
SPIN STUDIO

**ZUMBA**

7:25PM - 8:10PM  
Studio 1

**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.



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