

Timelier Fitness Virtual Class Schedule (Gym Pass)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS GRIT STRENGTH 10:00AM - 10:30AM Studio 1</p> <p>LES MILLS BODYPUMP 10:45AM - 11:30AM Studio 1</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS CXWORX 12:30PM - 1:00PM Studio 1</p> <p>LES MILLS GRIT CARDIO 2:30PM - 3:00PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS BODYFLOW 3:30PM - 4:00PM Studio 1</p> <p>LES MILLS BODYPUMP 4:10PM - 4:55PM Studio 1</p> <p>LES MILLS CXWORX 5:15PM - 5:45PM Studio 1</p>	<p>LES MILLS BODYCOMBAT 10:00AM - 11:00AM Studio 1</p> <p>LES MILLS CXWORX 11:00AM - 11:30AM Studio 1</p> <p>LES MILLS BODYPUMP 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS BODYFLOW 12:30PM - 1:00PM Studio 1</p> <p>LES MILLS CXWORX 2:30PM - 3:00PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 3:30PM - 4:15PM Studio 1</p> <p>LES MILLS BODYPUMP 4:30PM - 5:15PM Studio 1</p>	<p>LES MILLS GRIT CARDIO 10:00AM - 10:30AM Studio 1</p> <p>LES MILLS BODYPUMP 10:45AM - 11:30AM Studio 1</p> <p>LES MILLS CXWORX 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 12:30PM - 1:00PM Studio 1</p> <p>LES MILLS BODYFLOW 2:30PM - 3:15PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 3:30PM - 4:00PM Studio 1</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:15PM Studio 1</p>	<p>LES MILLS BODYPUMP 10:00AM - 11:00AM Studio 1</p> <p>LES MILLS BODYFLOW 11:00AM - 11:30AM Studio 1</p> <p>LES MILLS GRIT 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS GRIT 12:30PM - 1:00PM Studio 1</p> <p>LES MILLS BODYPUMP 2:30PM - 3:15PM Studio 1</p> <p>LES MILLS GRIT CARDIO 3:15PM - 3:45PM Studio 1</p> <p>LES MILLS BODYFLOW 3:45PM - 4:15PM Studio 1</p>	<p>LES MILLS BODYFLOW 10:00AM - 10:45AM Studio 1</p> <p>LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio 1</p> <p>E-Rowing Training 划船减脂训练 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS BODYCOMBAT 2:30PM - 3:15PM Studio 1</p> <p>LES MILLS BODYPUMP 3:30PM - 4:30PM Studio 1</p> <p>LES MILLS CXWORX 4:30PM - 5:00PM Studio 1</p> <p>LES MILLS BODYCOMBAT 5:00PM - 5:30PM Studio 1</p>	<p>LES MILLS BODYCOMBAT 4:15PM - 5:00PM Studio 1</p> <p>LES MILLS BODYPUMP 5:00PM - 5:45PM Studio 1</p>	<p>LES MILLS BODYFLOW 1:00PM - 2:00PM Studio 1</p> <p>LES MILLS CXWORX 2:00PM - 2:30PM Studio 1</p>

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
BODYFLOW

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

LES MILLS
BODYPUMP

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

LES MILLS
CXWORX

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

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.

Timelier Fitness

Group Exercise Timetable