

A group of people in a gym performing barbell exercises. The background shows several individuals in various poses, some lifting weights, in a bright, modern gym setting. The text is overlaid on a semi-transparent grey box.

WHAT IS BODYPUMP?

A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate free weights and a barbell with lots of repetition (800-1000 reps), BODYPUMP gives you a total body workout. Feel the burn with scientifically proven moves and techniques, highly trained instructors and great music – helping you achieve much more than on your own! You’ll leave the workout feeling challenged and motivated, ready to come back for more.

LES MILLS

WHAT IS GRIT?

30-minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen.

LES MILLS

WHAT IS BODYCOMBAT?

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.**

LES MILLS