

# LES MILLS LAUNCH

17-18 JUNE

Gear up for a mid-year party with **Les Mills new releases**. Great music, exciting choreography and even better workouts to get you excited for your next class.

17 June

## ONE GEORGE STREET

### Main Studio

6.40pm - 7.40pm

7.50pm - 9.30pm

BODYJAM Throwback

BODYJAM 100 (100min)

## TAMPINES

### Main Studio

6.30pm - 7.30pm

7.45pm - 9.25pm

BODYJAM Throwback

BODYJAM 100 (100min)

18 June

## AMK HUB

### Main Studio

9.00am - 9.45am

10.00am - 11.00am

11.15am - 12.00pm

12.15pm - 1.15pm

1.30pm - 2.00pm

2.15pm - 3.15pm

3.30pm - 4.30pm

4.45pm - 5.30pm

5.45pm - 6.30pm

6.45pm - 8.25pm

LES MILLS TONE

BODYSTEP

LES MILLS BARRE

BODYATTACK

GRIT STRENGTH

BODYPUMP

BODYCOMBAT

LES MILLS CORE

SH'BAM

BODYJAM 100 (100min)

### Mind & Body Studio

1.15pm - 2.15pm

BODYBALANCE

### Cycling Studio

11.15am - 12.00pm

3.30pm - 4.15pm

RPM

RPM



Fitness First

➤ Book your class on the mobile app **46 hours before the session.**