

Fitness Programme

Timetable



Monday	Les Mills Sprint Virtual 7.05-7.35	Les Mills Trip Virtual 7.45-8.30	Yin Yoga 9.00-10.00 JOE	Les Mills BodyCombat 10.15-11.00 ANDREA	Les Mills Core 11.00-11.30 ANDREA	Les Mills GRIT Strength Virtual 11.45-12.15	Les Mills Body Balance Virtual 12.30-13.30	Les Mills Body Attack Virtual 14.45-15.45	Les Mills Trip Virtual 16.15-17.00	Les Mills BodyPump 17.30-18.30 LUKE/ZOE	Les Mills Sprint 18.45-19.15 LUKE/ZOE	Yin Yoga 20.00-21.00 JOE	
Tuesday	Les Mills GRIT Cardio Virtual 7.05-7.35	Les Mills CORE Virtual 7.45-8.15	Les Mills BodyPump 9.30-10.30 LUCY	Stretch 10.45-11.30 LUCY	Les Mills Barre Virtual 11.45-12.15	Pilates 13.00-14.00 LEANNE	Les Mills Sh'Bam Virtual 14.15-15.00	Les Mills Born to Move Virtual (kids) 16.00-17.00	Spin 17.15-17.45 JENNA	Boxfit 17.50-18.50 JENNA	Circuits 19.00-19.55 GAVIN	Les Mills Trip Virtual 20.10-20.55	Les Mills Sprint Virtual 21.00-21.30
Wednesday	Les Mills Trip Virtual 7.05-7.50	Les Mills RPM Virtual 8.00-8.45	50+ 9.30-10.30 GAVIN	Yoga 10.45-11.45 JOE	Les Mills BodyPump Virtual 12.00-12.45	Pilates 13.00-14.00 ZOE	Les Mills Sprint Virtual 14.15-14.45	Les Mills Trip Virtual 15.15-16.00	Les Mills Sprint Virtual 16.15-16.45	Les Mills Body Attack Virtual 17.00-17.45	Yoga 18.00-19.00 JOE	Les Mills BodyPump 19.15-20.00 ZOE	Pilates 20.15-21.00 ZOE
Thursday	Les Mills GRIT Strength Virtual 7.05-7.35	Les Mills Body Attack Virtual 8.00-9.00	Legs Bums & Tums 9.30-10.15 JENNA/ZOE	Pilates 10.30-11.30 ZOE	Les Mills Trip Virtual 12.00-12.45	Les Mills BodyPump 13.15-14.00 ANDREA	Les Mills Balance Virtual 14.30-15.30	Les Mills RPM Virtual 15.45-16.30	Les Mills RPM Virtual 17.00-17.45	Les Mills Combat 18.00-19.00 ANDREA	Les Mills Core 19.05-19.35 ANDREA	Zumba 19.45-20.30 JULIE	Les Mills Trip Virtual 20.45-21.30
Friday	Les Mills RPM Virtual 7.05-7.50	Les Mills Sprint Virtual 8.00-8.30	Les Mills Body Combat 9.15-10.00 ANDREA	Les Mills Core 10.05-10.35 ANDREA	Yoga 10.45-11.45 JOE	Functional Fitness 12.30-13.30 LEANNE	Les Mills Sh'Bam Virtual 13.45-14.30	Les Mills GRIT Cardio Virtual 15.00-15.30	Les Mills Born to Move Virtual (kids) 16.00-17.00	Les Mills Core 17.30-18.00 ANDREA	Les Mills BodyPump 18.15-19.15 ANDREA	Les Mills Body Balance Virtual 19.30-20.30	Les Mills Trip Virtual 20.45-21.30
Saturday	Yoga 8.15-9.15 JOE	Les Mills BodyPump 9.30-10.20 LUKE/ZOE	Zumba 10.30-11.15 JULIE	Karate 11.30-13.00 (EXTERNAL 07473 199259)	Les Mills Born to Move Virtual (kids) 13.30-14.30	Les Mills RPM Virtual 14.45-15.30	Les Mills Trip Virtual 15.45-16.30	Les Mills Sprint Virtual 16.45-17.15					
Sunday	Les Mills RPM Virtual 8.05-8.35	Les Mills Trip Virtual 8.45-9.30	Les Mills BodyPump 10.00-11.00 LAUREN	Les Mills Body Balance 11.15-12.15 LAUREN	Les Mills Born to Move Virtual (kids) 13.00-14.00	Les Mills Body Combat Virtual 14.15-15.15	Les Mills BodyPump Virtual 15.30-16.30	Private hire 16.45-17.45	Les Mills Trip Virtual 18.00-18.45	Les Mills Sprint Virtual 19.00-19.30			

Live Instructed

Virtual Cycle

Virtual Class

LES MILLS

	Live Instructed
	Virtual Cycle
	Virtual Class

Oak Park Active Living Centre

Fitness Programme

Class descriptions

Les Mills Body Combat*	Is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination.
Les Mills Body Pump**	Is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.
Les Mills Core*	Is a core workout for incredible sports performance. You build strength, stability and endurance in the muscles that support your core and improve balance.
Les Mills Tone*	Combines strength, cardio and core training into one complete and convenient workout, with a mix of exercises to work the whole body and elevate the heart rate.
Les Mills Body Attack*	Body Attack is a high energy, fun and athletic workout focused on cardio fitness, stamina and agility. Combining movements like running, squats, you can burn up to 730 calories during a workout.
Les Mills Sh'Bam*	Is a fresh and fun dance workout that build fitness and encourages expressive movement,
Les Mills GRIT**	Is a series of 30 minute high-intensity interval training workouts that deliver incredible fitness results fast, these include cardio, strength and athletic which are designed to work the body in different ways.
Les Mills Bodybalance**	This is a Yoga based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing. In addition to Yoga exercises it includes movements from Tai Chi and Pilates
Les Mills Cycle RPM*	RPM is a world leading, cardio peak style workout using simulated climbs and sprints to burn calories and improve cardio fitness. Its fun, low impact and can burn up to 675 calories a session.
Les Mills Cycle Sprint**	Sprint is a high intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. HIIT training is proven to be the most effective way to push boundaries and see results.
Les Mills Cycle Trip*	Trip is a fully immersive workout experience that combines a 40 minute multi peak cycling workout with a journey through digitally created worlds. The Trip takes motivation and energy output to the next level, burning serious calories.
Yin Yoga**	A slow, meditative class, that gently stretches the deeper muscles, joints in your body and helps quieten the mind.
Circuits**	Body conditioning or resistance training using high intensity aerobics. A series of exercises performed with a small rest between them.
Stretch*	Helping you to stretch your entire body and improving your core strength. Classes are suitable for all.
Pilates**	Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
Boxfit*	A form of exercise based on boxing training and using boxing equipment. This is a high intensity class working on the members level of fitness.
50+	A mix of aerobics and body conditioning exercises for people over 50 years.
Yoga**	Ancient form of exercise for strength, flexibility and breathing to boost physical and mental wellbeing.
LB&T**	Legs, Bums and Tums. A body conditioning workout focusing on the lower body and core.
Body Sculpt**	Body Sculpt is a full body conditioning class that focuses on strength and cardio fitness.
Zumba suitable for ages 7+	Aerobic fitness featuring movements inspired by various styles of Latin American dance.

Oak Park Active Living Centre

Coppice Road, Walsall Wood, Walsall WS9 9BH
Tel: 01922 652266 www.walsall.gov.uk/leisure

Age restrictions

* Suitable for ages 11 years +

** Suitable for ages 16 years +

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Walsall Leisure



Walsall Council

Leisure Services from Walsall Council