

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	RPM (45) Grace	PBOX (45) Bec	RETRO RIDE (45)Dane	RETRO RIDE (45) Dane	RPM (45) Andrew
	GRIT (30) Rachael	PUMP (45) Andrew	PSC (45) Kara	PUMP (45) Zoephia	PSC (45) Dylan

9:15am	RPM (45) Rachael	PUMP (45) Caroline	COMBAT (45) Thomas	PUMP (45) Grace	ATTACK (30) Rachael
	PSC (45) Bec	PBOX (45) Bec	BOOTY FIT (45) Rachael	RPM (30) Rachael	PSC (45) Dylan
9:30am	CORE (30) Grace				PUMP (30) Caroline 9:50am
10:15am	YO STRETCH (45) Jeanette	PILATES (45) Grace	BALANCE (45) James	PILATES (45) Grace	
10:30am		LOW IMPACT BOOTCAMP (45) James		LOW IMPACT BOOTCAMP (45) Thomas	PILATES (45) Erin
12:15pm		RPM (30) Hayley		RPM (30) Rachael	

4:10pm					RPM (30) Anita
4:45pm	SH'BAM (30) James	RPM (45) Anita	ATTACK (30) Rachael	CORE (30) Nicole	PUMP (30) Anita
		BOOTY FIT (45) Grace		PSC (45) Mick	
5:00pm	PILATES (45) Bianca			PILATES (45) Bianca	PSC (45) Damien
	ELECTRO RIDE (45) Thomas				
5:20pm	ATTACK (30) James	GRIT (30) Caroline	YO STRETCH (30) James	RPM (30) Anita	YO (30) Anita
		YO STRETCH (30) Anita 5:40pm	BOOTY FIT (45) Kara	COMBAT (30) Thomas	
6:00pm	PSC (45) Claire	PBOX (45) Robbie	PBOX (45) Cameron	PSC (45) Mick	
	PUMP (45) Caroline	PLATFORM (45) Thomas	PUMP (60) Thomas	SH'BAM (45) James	

N.B. all classes must be booked (at no cost) via the Pycsam app. Please contact us if you have any issues

LES MILLS
SMART TECH

50 Glen Dhu St, South Launceston 7250
(03) 6343 0622 - admin@pycsam.com.au

	Saturday	Sunday
7:15am	RPM (45) Rachael	
7:30am	PSC (45) Damien	
8:30am	ATTACK (30) Thomas	PUMP (45) Zoephia
	PSC (45) Damien	
8:40am		RPM (30) Anita
9:15am	PUMP (60) Andrew/Michelle	YO (30) Anita 9:20am
9:30am		PBOX (45) Robbie
10:30am	BALANCE (55) James	



Facility opening hours:

M-Thu: 5:45am-9:00pm

Fri: 5:45am-7:30pm

Sat: 7:00am-5:00pm

Sun: 8:00am-5:00pm

Child minding availability:

M-Thu: 9:00am-1:30pm, 3:45pm-7:00pm

Fri: 9:00am-1:30pm, 3:45pm-6:00pm

Sat: 8:00am-12:00pm

Sun: 8:30am-11:00am

Class Timetable from: 4/1/2022

Category	Programme	Description	Min	Intensity	Results
Cardio	ATTACK	Les Mills BODYATTACK is a high-energy fitness class with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	55, 30	High	Improves agility, coordination, strength and endurance
Flexibility Core	BALANCE	Les Mills BODYBALANCE is a yoga class for anyone and everyone. It uses a range of movements and motion set to music and will improve your mind, your body and your life.	55, 45	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Strength	BOOTY FIT	Targets your glutes, hamstrings, quads and calves. Exercises will vary weekly however all will have a strong lower body focus, this class will be sure to bring the burn for days to come!	45	Low to Moderate	Tones & shapes, builds self-confidence
Cardio	COMBAT	Les Mills BODYCOMBAT is a martial arts-inspired full body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.	55	High	Tones & shapes, increases endurance
Core	CORE	Designed around the bosu dome, CORE is a functional strength & flexibility full body workout that focuses on strengthening the abdominal & back muscles whilst on an unstable surface.	30	Low to Moderate	Improve core and back strength. Improve stability and balance.
Cardio	ELECTRO RIDE	You will feel like you're in a nightclub in ELECTRO RIDE, the workout is hidden amongst the pumping beats of modern and electronic music whilst on a stationary bike.	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Strength Cardio	GRIT	Les Mills GRIT is a high-intensity interval training workout. This workout uses any combination of a barbell, weight plates, bench or no equipment at all. GRIT C = Cardio and GRIT S = Strength.	30	High	Get fit fast, rapidly improve strength, increase lean muscle
Strength Core	LOW IMPACT BOOTCAMP	A fantastic way to socialise and improve fitness, focusing on core, back and upper body strength. LOW IMPACT BOOTCAMP workouts are often followed by coffee ☺	45	Low to Moderate	Increased overall strength Tones and tightens
Strength Cardio	PBOX	A fat burning cardio, strength and toning workout using bags to punch your way through boxing sequences, PBOX is done to motivating music.	45	Moderate to High	Overall strength & endurance
Core	PILATES	PILATES is a gentle and progressive set of exercises that are suitable for all fitness abilities. It has many benefits including increased strength and flexibility.	50	Low to Moderate	Improves posture. Injury rehabilitation
Strength	PSC	Strength & conditioning bootcamp built on functional movements, executed at a relatively high intensity. Motivating & individually challenging, suits all fitness levels.	45	Moderate to High	Increases strength, tones & shapes, maintain bone health
Strength	PUMP	Les Mills BODYPUMP is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories.	60, 45, 30	Moderate to High	Increases strength, tones & shapes, maintain bone health
Cardio	RETRO RIDE	Freestyle cycling class featuring songs from the 80s, 90s & early 00s. RETRO RIDE will make you get your groove on!	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	RPM	Les Mills RPM is an indoor cycling class, set to the rhythm of motivational music. It burns a lot of calories and gets you fit.	45, 30	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	SH'BAM	A fun loving, insanely addictive dance workout. No dance experience required, just a playful attitude and a desire to have fun.	45, 30	Moderate	Tones & shapes, improves coordination, burns calories
Cardio	STEP	Les Mills BODYSTEP is a full body cardio workout that gets everyone from new comers to fitness veterans energised. This class will really tone your butt and thighs.	30	Moderate to High	Improves heart and lung fitness, agility & coordination
Flexibility Core	YO	A stretch & flexibility workout based on traditional Mind Body inspired moves incorporating mellow music and relaxation.	45, 30	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Flexibility	YO STRETCH	YO STRETCH is a Mind Body inspired "athletic-specific" stretching workout. You will feel great after providing release to those muscles you've been working out.	45, 30	Low	Increased flexibility & ROM Calmness of mind

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