

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00am</b>	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 <b>6:15am</b>

<b>9:15am</b>	RPM (45) Rachael	PUMP (60) Caroline	COMBAT (45) Thomas	PUMP (60) Caroline	ATTACK (30) Rachael
	PSC (45) Kyle	PBOX (45) Bec	PSC (45) Bec	BOOTY FIT (45) Bec	PSC (45) Dylan
	CORE (30) Grace				PILATES (45) Grace
<b>9:50am</b>	PILATES (45) Erin	BOOTY FIT (45) Rachael	PBOX (45) Grace		PUMP (30) Caroline
<b>10:30am</b>	YO STRETCH (45) Jeanette	LOW IMPACT BOOTCAMP (45) James	BALANCE (45) James	LOW IMPACT BOOTCAMP (45) Thomas	YO STRETCH (45) Jeanette
<b>12:15pm</b>				RPM (30) Rachael	

<b>4:30pm</b>				PILATES (45) Caroline	RPM (30) Anita <b>4:10pm</b>
<b>4:50pm</b>	SH'BAM (30) James		ATTACK (30) Rachael		PUMP (30) Anita
	PILATES (45) Bianca <b>5:00pm</b>	BOOTY FIT (45) Grace	BOOTY FIT (30) Claire	BOOTY FIT (45) Bec	PSC (45) Damien
<b>5:20pm</b>	ELECTRO RIDE (45) Thomas <b>5:00pm</b>	RPM (45) Anita <b>4:50pm</b>	ELECTRO RIDE (30) Thomas	CORE (30) Nicole	YO (30) Anita <b>5:25pm</b>
	ATTACK (30) James	GRIT (30) Caroline	YO STRETCH (30) James		
<b>5:50pm</b>	PBOX (45) Bec	YO STRETCH (30) Anita	PBOX (45) Cameron	RPM (30) Anita	
		BOOTY FIT (45) Grace		PBOX (45) Jody	
<b>6:00pm</b>	PSC (45) Kara	RPM (45) Andrew/Hayley	PSC (45) Claire	COMBAT (45) Thomas	SH'BAM (45) James
	PUMP (60) Caroline/Aaron	ATTACK (45) Thomas	PUMP (60) Thomas		

*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
<b>7:15am</b>	RPM (45) Rachael	
<b>7:30am</b>	PSC (45) Damien	
<b>8:10am</b>	ATTACK (45) Thomas	
<b>8:30am</b>	PSC (45) Damien	PUMP (45) Zoephia
<b>8:40am</b>		RPM (30) Anita
<b>9:15am</b>	PUMP (60) Andrew/Michelle	YO (30) Anita
	PILATES (45) Brooke	PBOX (45) Robbie <b>9:30am</b>
<b>10:30am</b>	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-7:15pm

**Fri:** 9:00am-1:30pm, 3:45pm-6:15pm

**Sat:** 8:00am-1:30pm

**Sun:** 8:30am-11:30am

**Class Timetable from:** 1/11/2021

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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