

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00am</b>	RPM (45) Grace	PBOX (45) Bianca	RETRO RIDE (45)Dane	RETRO RIDE (45) Dane	RPM (45) Andrew
	GRIT (30) Manika	PUMP (45) Andrew	GRIT STRENGTH (30) Harri	PUMP (45) Zoephia	PILATES (50) Abbey
<b>6:15am</b>					PSC (45) Dylan

<b>9:20am</b>	COMBAT (55) Thomas	PUMP (60) Caroline/Michelle	PILATES (50) Bianca	PUMP (60) Caroline	ATTACK (30) Rachael
	PSC (45) Bianca	BOOTY FIT (45) Rachael	PSC (45) Dawida	BOOTY FIT (45) Dawida	PSC (45) Dylan
	RPM (45) Rachael	PBOX (45) Bec	PBOX (45) Grace	PBOX (45) Jody	
<b>9:55am</b>					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>4:10pm</b>		PUMP (30) Zoephia	RPM (30) Anita		RPM (30) Anita
<b>4:50pm</b>	STEP (30) James	SH'BAM (30) Maddy	PILATES (50) <b>4:10pm</b>	GRIT STRENGTH (30) Manika	PUMP (30) Anita
	PILATES (50) <b>5:00pm</b>	CX (30) Zoephia	ATTACK (30) Rach/Rhi	BOOTY FIT (45) Caroline	PSC (45) Damien
<b>5:00pm</b>	ELECTRO RIDE (45) Thomas	RPM (45) Anita <b>4:50pm</b>	GLIDE (30) Dawida	YO-MOVE (45) Jeanette	
<b>5:20pm</b>	ATTACK (30) James	GRIT (30) Caroline	STEP (30) James	CORE (30) Manika	YO (30) Anita <b>5:25pm</b>
<b>5:45pm</b>	PBOX (45) Grace	YO STRETCH (30) Anita	PBOX (45) Dawida	PBOX (45) Jody	
		BOOTY FIT (45) <b>5:50pm</b>		RPM (30) Anita	
<b>6:00pm</b>	PUMP (60) Caroline	ATTACK (45) Thomas	PUMP (60) Thomas	COMBAT (55) Thomas	SH'BAM (45) James
	PSC (45) Bianca	RPM (45) Andrew	PSC (45) Claire		
	SH'BAM (45) Manika				

	Saturday	Sunday
<b>7:15am</b>	RPM (45) Rachael	
<b>7:30am</b>	PSC (45) Damien	
<b>8:10am</b>	ATTACK (45) Thomas	
<b>8:40am</b>	PSC (45) Damien <b>8:30am</b>	RPM (30) Anita
		PUMP (30) Zoephia
<b>9:20am</b>	PUMP (60) Andrew/Michelle	YO (30) Anita
<b>9:30am</b>		PBOX (45) Robbie
<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:** 12/4/2021

*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

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 new yoga class for anyone and everyone. It uses a range of movements and motion set to music that 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.
Core	CX	Les Mills CXWORX provides the vital ingredient for a strong body while chiselling your waist line. A stronger core makes you better at all the things you do.	30	Moderate to High	Improve functional strength for mobility & injury prevention
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
Cardio	GLIDE	The joint-friendly non-impact jog & running workout that includes upper body strength & conditioning, GLIDE utilises the e-glide cross-trainer.	30	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	Strength & conditioning bootcamp built on functional movements, executed at a relatively high intensity. Motivating & individually challenging, suits all fitness levels.	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 MOVE	YO MOVE is a dynamic class connecting breath with movement, building heat, strength and flexibility.	45	Low	Increased flexibility & ROM Calmness of mind
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	Low	Increased flexibility & ROM Calmness of mind

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