



YMICALIVE

• SUNDAY 10TH JULY 2016 •

With a line-up of the most epic Les Mills workouts, including all-time favourites, **BODYPUMP**, **BODYCOMBAT** and **GRIT**. Take what you thought you knew about Les Mills and think again!

READY FOR THE CHALLENGE?

Book now at any YMCA Health and Fitness Centre or call 01253 824108

LES MILLS
BODYPUMP
09.45 - 10.30

LES MILLS
BODYATTACK
11.00 - 11.45

LES MILLS
BODYCOMBAT
12.00 - 12.45

LES MILLS
GRIT
13.30 - 14.00

LES MILLS
CXWORX
14.15 - 14.45

LES MILLS
BODYBALANCE
15.00 - 15.45