



# EXPLORE TASC **LES MILLS**

## **LES MILLS** BODYPUMP

Bodypump allows participants to use light weights and become strong without feeling intimidated by the weight room. All fitness levels are catered to with multiple levels of options during the class.



## **LES MILLS** BODYFLOW

An athletic blend of yoga, Tai Chi and Pilates which leaves participants feeling long, strong, centered and calm. There is no judgement, expectation or sense of competition with ourselves or others.



## **LES MILLS** BODYBALANCE

Ideal for anyone and everyone, is a new generation yoga class that will improve your mind, your body and your life.



## **LES MILLS** BODYCOMBAT

The class draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Kickboxing. Supported by driving music and powerful role model instructors.

**JOIN US FOR 2023**

