



New Release **#136**  
starts Monday,  
**April 6, 2026**  
in all classes!  
Don't miss it!!

# LES MILLS BODY PUMP HEAVY

New Release **#3**  
starts Monday,  
**April 13, 2026**  
in all classes!  
Don't miss it!!



New Release **#55**  
starts Monday,  
**April 20, 2026**  
in all classes!  
Don't miss it!!



New Release **#106**  
starts Monday,  
**May 4, 2026**  
in all classes!  
Don't miss it!!



New Release **#42**  
starts Monday,  
**May 18, 2026**  
in all classes!  
Don't miss it!!