



New Release **#138**
starts Monday,
Oct 5, 2026
in all classes!
Don't miss it!!

LES MILLS BODY PUMP HEAVY

New Release **#5**
starts Monday,
Oct 12, 2026
in all classes!
Don't miss it!!



New Release **#57**
starts Monday,
Oct 19, 2026
in all classes!
Don't miss it!!



New Release **#108**
starts Monday,
Nov 2, 2026
in all classes!
Don't miss it!!



New Release **#44**
starts Monday,
Nov 16, 2026
in all classes!
Don't miss it!!