

BODYBALANCE

BODYBALANCE 79	60 min
BODYBALANCE 79 Flexibility	30 min
BODYBALANCE 79 Strength	30 min
BODYBALANCE 80	60 min
BODYBALANCE 80 Flexibility	30 min
BODYBALANCE 80 Strength	30 min
BODYBALANCE 81	60 min
BODYBALANCE 81 Flexibility	30 min
BODYBALANCE 81 Strength	30 min
BODYBALANCE 82	60 min
BODYBALANCE 82 Flexibility	30 min
BODYBALANCE 82 Strength	30 min
BODYBALANCE 83	60 min
BODYBALANCE 83 Flexibility	30 min
BODYBALANCE 83 Strength	30 min
BODYBALANCE 84	60 min
BODYBALANCE 84 Flexibility	30 min
BODYBALANCE 84 Strength	30 min
BODYBALANCE 84 Express Flexibility	11 min
BODYBALANCE 84 Express Strength	12 min
BODYBALANCE 84 Yoga	18 min
BODYBALANCE 85	60 min
BODYBALANCE 85 (45min)	45 min
BODYBALANCE 85 Flexibility	30 min
BODYBALANCE 85 Strength	30 min
BODYBALANCE 85 Express Flexibility	12 min
BODYBALANCE 85 Express Strength	13 min
BODYBALANCE 85 Yoga	17 min
BODYBALANCE 86	60 min
BODYBALANCE 86 (45min)	45 min
BODYBALANCE 86 Flexibility	30 min
BODYBALANCE 86 Strength	30 min
BODYBALANCE 86 Express Flexibility	13 min
BODYBALANCE 86 Express Strength	13 min
BODYBALANCE 86 Yoga	18 min
BODYBALANCE 87	60 min
BODYBALANCE 87 (45min)	45 min
BODYBALANCE 87 Flexibility	30 min
BODYBALANCE 87 Strength	30 min
BODYBALANCE 87 Express Flexibility	13 min
BODYBALANCE 87 Express Strength	13 min
BODYBALANCE 87 Yoga	18 min

BODYPUMP

BODYPUMP 104	60 min
BODYPUMP 104 (30 Mins)	30 min
BODYPUMP 104 (45 Mins)	45 min
BODYPUMP 105	60 min
BODYPUMP 105 (30 Mins)	30 min

BODYPUMP 105 (45 Mins)	45 min
BODYPUMP 106	60 min
BODYPUMP 106 (30 Mins)	30 min
BODYPUMP 106 (45 Mins)	45 min
BODYPUMP 107	60 min
BODYPUMP 107 (30 Mins)	30 min
BODYPUMP 107 (45 Mins)	45 min
BODYPUMP 108	60 min
BODYPUMP 108 (30 Mins)	30 min
BODYPUMP 108 (45 Mins)	45 min
BODYPUMP 109	60 min
BODYPUMP 109 (30 Mins)	30 min
BODYPUMP 109 (45 Mins)	45 min
BODYPUMP 109 Arms	13 min
BODYPUMP 109 Lower Body	15 min
BODYPUMP 109 Upper Dody	20 min
BODYPUMP 110	60 min
BODYPUMP 110 (30 Mins)	30 min
BODYPUMP 110 (45 Mins)	45 min
BODYPUMP 110 Arms	12 min
BODYPUMP 110 Lower Body	13 min
BODYPUMP 110 Upper Dody	19 min
BODYPUMP 111	60 min
BODYPUMP 111 (30 Mins)	30 min
BODYPUMP 111 (45 Mins)	45 min
BODYPUMP 111 Arms	14 min
BODYPUMP 111 Lower Body	14 min
BODYPUMP 111 Upper Dody	19 min
BODYPUMP 112	60 min
BODYPUMP 112 (30 Mins)	30 min
BODYPUMP 112 (45 Mins)	45 min
BODYPUMP 112 Arms	13 min
BODYPUMP 112 Lower Body	14 min
BODYPUMP 112 Upper Dody	19 min

CX WORX

CXWORX 29	30 min
CXWORX 30	30 min
CXWORX 31	30 min
CXWORX 32	30 min
CXWORX 33	30 min
CXWORX 34	30 min
CXWORX 34 AB Blast	15 min
CXWORX 34 Core	15 min
CXWORX 35	30 min
CXWORX 35 AB Blast	11 min
CXWORX 35 Core	15 min
CXWORX 36	30 min
CXWORX 36 AB Blast	15 min
CXWORX 36 Core	14 min

CXWORX 37	30 min
CXWORX 37 AB Blast	12 min
CXWORX 37 Core	14 min

BODYCOMBAT

BODYCOMBAT 75	60 min
BODYCOMBAT 75 (30 Mins)	30 min
BODYCOMBAT 76	60 min
BODYCOMBAT 76 (30 Mins)	30 min
BODYCOMBAT 77	60 min
BODYCOMBAT 77 (30 Mins)	30 min
BODYCOMBAT 78	60 min
BODYCOMBAT 78 (30 Mins)	30 min
BODYCOMBAT 79	60 min
BODYCOMBAT 79 (30 Mins)	30 min
BODYCOMBAT 80	60 min
BODYCOMBAT 80 (45 Mins)	45 min
BODYCOMBAT 80 (30 Mins)	30 min
BODYCOMBAT 81	60 min
BODYCOMBAT 81 (45 Mins)	45 min
BODYCOMBAT 81 (30 Mins)	30 min
BODYCOMBAT 82	60 min
BODYCOMBAT 82 (45 Mins)	45 min
BODYCOMBAT 82 (30 Mins)	30 min

GRIT

GRIT 23 Cardio	30 min
GRIT 23 Plyometrics	30 min
GRIT 24 Carido	30 min
GRIT 24 Plyometrics	30 min
GRIT 24 Strength	30 min
GRIT 25 Cardio	30 min
GRIT 25 Plyometrics	30 min
GRIT 25 Strength	30 min
GRIT 26 Cardio	30 min
GRIT 26 Plyometrics	30 min
GRIT 26 Strength	30 min
GRIT 27 Cardio	30 min
GRIT 27 Plyometrics	30 min
GRIT 27 Strength	30 min
GRIT 28 Cardio	30 min
GRIT 28 Athletic	30 min
GRIT 28 Strength	30 min
GRIT 29 Cardio	30 min
GRIT 29 Athletic	30 min
GRIT 29 Strength	30 min
GRIT 30 Cardio	30 min
GRIT 30 Athletic	30 min
GRIT 30 Strength	30 min
GRIT 31 Cardio	30 min

GRIT 31 Athletic	30 min
GRIT 31 Strength	30 min

Cycling Programme

LesMills RPM

RPM 77	45 min	Intermediate
RPM 77 (30 Mins)	30 min	Intermediate
RPM 78	45 min	For everyone
RPM 78 (30 Mins)	30 min	For everyone
RPM 79	45 min	Intermediate
RPM 79 (30 Mins)	30 min	Intermediate
RPM 80	45 min	Intermediate
RPM 80 (30 Mins)	30 min	Intermediate
RPM 81	45 min	Advanced
RPM 81 (30 Mins)	30 min	Advanced
RPM 82	45 min	Advanced
RPM 82 (30 Mins)	30 min	Advanced
RPM 83	45 min	Advanced
RPM 83 (30 Mins)	30 min	Advanced
RPM 84	45 min	Advanced
RPM 84 (30 Mins)	30 min	Advanced
RPM 85	45 min	Advanced
RPM 85 (30 Mins)	30 min	Advanced

Trainingsstrecken

Alsace	EN	48 min	Advanced
Baden Wurttemberg	EN	45 min	Advanced
Belgian Ardennes	EN	45 min	Intermediate
Blick	SV	45 min	Intermediate
Calanches de Piana	SV	45 min	Intermediate
Calanches de Piana	EN	45 min	Advanced
Cap Corse	EN	45 min	Intermediate
Col de Aspin	EN	50 min	Advanced
Col de Aubisque	EN	26 min	Advanced
Col de Aubisque	EN	28 min	Advanced
Col de la Croix de Fer - Part 1	SV	45 min	Advanced
Col du Glandon	SV	50 min	Advanced
Col de l'Iseran	SV	50 min	Intermediate
Col de la Madeleine	SV	45 min	Advanced
Col de Marsolino	EN	45 min	Advanced
Col du Portet	EN	25 min	Advanced
Col du Portet	EN	45 min	Advanced
Col de San Bastiano	EN	45 min	Intermediate
Col de San Bastiano	SV	45 min	Advanced
Col de Tourmalet	EN	55 min	Advanced
Corona Forestal	SV	50 min	Intermediate
Corsica	EN	90 min	For everyone
Discesa	EN	20 min	Intermediate
Dutch Hills	SV	45 min	Intermediate
Dutch Hills	EN	45 min	Advanced

El Pueblo	SV	50 min	Advanced
Haute-Saône	EN	20 min	Beginner
Haute-Saône	EN	20 min	Intermediate
La Plagne	SV	45 min	Intermediate
La Romana	SV	45 min	Advanced
Les Diablerets	EN	20 min	Advanced
Limburg Finest	EN	50 min	Intermediate
Masca	SV	45 min	Intermediate
National Park de la Vanois	SV	50 min	Advanced
National Park Gruyere	EN	20 min	Intermediate
Panoramic	EN	45 min	Intermediate
Passo del Vivione	EN	50 min	Intermediate
Passo del Vivione	EN	30 min	Intermediate
Passo dello Stelvio	EN	25 min	Advanced
Passo dello Stelvio	EN	50 min	Advanced
Passo dello Stelvio	EN	90 min	Advanced
Passo di Gavia	EN	25 min	Advanced
Passo di Gavia	EN	50 min	Advanced
Passo di Gavia	EN	90 min	Advanced
Planche des Belles Filles	EN	45 min	Advanced
Posbank	SV	45 min	Intermediate
Saint Florent	EN	45 min	Intermediate
Sallandse Heuvelrug	EN	45 min	For everyone
Santa Cruz	SV	45 min	Beginner
Southern Germany	SV	45 min	Intermediate
The Valley of Munster	EN	20 min	Advanced
Val d'Azun	EN	20 min	Beginner
Val d'Isere	SV	45 min	Beginner
Vive La France	SV	45 min	Beginner