

BACK BY POPULAR DEMAND

# LES MILLS

## STRENGTH DEVELOPMENT

Build muscle and get stronger in 12 weeks with a structured sequence of progressively challenging workouts.

<b>WEEK 1</b> 4 - 10 Nov	Foundational Strength	<b>WEEK 7</b> 16 - 22 Dec	Power & Athleticism
<b>WEEK 2</b> 11 - 17 Nov	Foundational Strength	<b>WEEK 8</b> 23 - 29 Dec	Power & Athleticism
<b>WEEK 3</b> 18 - 24 Nov	Upper-Body Hypertrophy	<b>WEEK 9</b> 30 Dec - 5 Jan	Pure Strength
<b>WEEK 4</b> 25 Nov - 1 Dec	Lower-Body Hypertrophy	<b>WEEK 10</b> 6 - 12 Jan	Full-Body Hypertrophy
<b>WEEK 5</b> 2 - 8 Dec	Full-Body Hypertrophy	<b>WEEK 11</b> 13 - 19 Jan	Upper-Body Hypertrophy
<b>WEEK 6</b> 9 - 15 Dec	Pure Strength	<b>WEEK 12</b> 20 - 26 Jan	Lower-Body Hypertrophy

### BUGIS

Saturday	12.00PM - 12.50PM
Sunday	3.45PM - 4.35PM

### CAPITAL TOWER

Wednesday	6.45PM - 7.30PM
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### MARKET STREET

Saturday	10.45AM - 11.30AM
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### MAPLE TREE

Tuesday	6.45PM - 7.30PM
Friday	1.00PM - 1.45PM

### METROPOLIS

Monday	6.30PM - 7.15PM
Saturday	1.10PM - 1.55PM

### ONE GEORGE STREET

Wednesday	7.50PM - 8.35PM
Sunday	9.00AM - 9.45AM

### PARAGON

Tuesday	9.45AM - 10.30AM
Thursday	5.30PM - 6.15PM
Saturday	4.30PM - 5.15PM

\* Class schedule correct as at time of publication. For most updated class schedule and booking of classes please refer to the [Fitness First Asia mobile app](#) 46 hours before the class timing.