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Workout BODYCOMBAT**

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~~DANCE #LIKENINA | 40 minute
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Rosenbauer - Class #6 Les
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MILLS SPRINT: HIIT ON A BIKE
Les Mills SPRINT at ONE LIVE
Amsterdam Les Mills SPRINT™
(Promotional video)*

day in the life of a les
mills sprint/spin instructor
- cassidy houston

Xercise4Less Les Mills GRIT
Cardio and Core Class with
Kim *Les Mills Sprint Torrent*

LES MILLS SPRINT is a
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bike to achieve fast
results. It's a short,
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where the thrill and

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motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

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