

LES MILLS

CEREMONY

LET'S GO!

YOU HAVEN'T DONE
CIRCUIT, UNTIL YOU'VE
DONE CEREMONY



What is LES MILLS CEREMONY?

Introducing Ceremony by Les Mills, a full body, functional circuit where hard meet meets happy. Get ready to give it your all, with this scientifically designed workout.

Move through eight challenging workout stations with a community that has your back, music that motivates you and expert coaches to push you to your max.

You haven't done circuit, until you've done Ceremony. Ceremony by Les Mills. A full body functional training circuit class.

What can you expect?

- LES MILLS CEREMONY is set up in an eight station set-up, scientifically designed to bring out the best in you.
- Find yourself surrounded by classmates that feel more like a community and heart-pumping music that moves you through each set.

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