

LES MILLS THE TRIP 20

MUSIC

01. CLIMB 1

02. SPHERES

03. COMPETE

04. PYRAMIDS

05. CITY

06. HOLOGRAM

07. CLIMB 2

08. HYPE

09. REMATCH

10. REFLECTION

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Sinere (Elfenberg Remix) (6:20)

rBert

© 2018 Ready Mix Records.
Written by: Reisz
- 02

Feelin (3:24)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Serrell
- 03

Baiana (CloZee Remix) (5:42)

CloZee, Barbatuques

© 2019 CloZee.
Written by: Barbatuques, do Carmo Barbosa
- 04

F1nk (5:27)

Addison Groove

© 2018 Addison Groove.
Written by: Williams
- 05

The Opposite (3:10)

The Mauskovic Dance Band

© 2018 Soundway Records.
Written by: Niggebrugge, Bruining, Madjid, Hollestelle, Wilmink
- 06

(I Feel Like) Bustin’ Loose (Live)
[Bonus Track] (3:50)

Rebirth Brass Band

© 2008 Mardi Gras Records.
Written by: Brown
- 07

Sinere (Elfenberg Remix) (4:23)

rBert

© 2018 Ready Mix Records.
Written by: Reisz
- 08

Run Don’t Run (3:03)

TAPZ

© 2017 100s + 1000s.
Written by: Mutingwende, Laing, Pappalardi, Rea, Weinstein, Wadams
- 09

I <3 U SO (4:10)

Cassius

© 2011 Cassius Records under exclusive license to Ed Banger Records / Because Music.
Written by: Hubert, Sawyer, Camillo, Cerboneschi
- 10

Baby I’m Yours (3:33)

Breakbot feat. Irfane

© 2012 Ed Banger Records under exclusive license to Because Music.
Written by: Berland, Khan
- OUTRO

11

Lucky Man (3:14)

Courtney John

© 2009 Fiwi Music Jamaica.
Written by: Morrison, Holt, Evans, Barrett



MESSAGE FROM THE TRIP TEAM

THE TRIP 20 – N E M E S I S

The first thing we notice about this release is the opening sequence - the graphics are a prelude to our experience and allow us to get everything underway before we get on our bike and officially start.

The next thing we may notice are the variations between the Masterclass animation and the final version we see in our club. We filmed the Masterclass with a version which was not quite ready for release so we went back after filming to create the final product. None of the changes affect the choreography or how the class was coached but they do enhance our opportunities to get immersed in the experience.

From here it’s an action packed release and the workout factor is high!

We start with a series of climbs which are initially sedate and then gradually build in intensity. These are a great way to warm up.

As we head outdoors we are greeted with a foreign landscape matched to some great beats and this ultimately leads us to a competitive space...but exactly who or what are we competing with? Will you state the obvious or take a more subtle or metaphorical approach?

From the landscape we move to a cityscape which is home to a training facility. This provides an opportunity to take our fitness to the next level.

Then we progress to another series of climbs before we encounter our final challenge and a chance for redemption.

Highlights for many are the interactive nature of the HUDs - Heads Up Displays - and the intricate design led challenge of the jump track which had many audiences breaking into spontaneous applause.

Be inclusive. Be dynamic.

Enjoy!
Les & Chris
THE TRIP Team

CREDITS

- Choreography** – Les Mills Jnr
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Les Mills Jnr
- Product Manager** – Chris Richardson
- Technical Consultant** – Bryce Hastings
- Presenter** – Khiran Huston
- Production Coordinator** – Ashlee Young

KEY

PACE

- STOP** Legs not moving
- 1/4** SUPER Slow
- 1/2** Slow – 1 pedal stroke every 2cts
- 3/4** Medium
- 3/4+** Building – Just under the beat
- 3/4++** Chase the beat (140+rpm)
- 1/1** On the beat – 1 pedal stroke every 1cts
- 1/1+** Ahead of the beat

RESISTANCE

- L** Light
- M** Moderate
- H** Heavy
- +/-** Add/Reduce Resistance
- Time** Times are based on full movie/music length

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback



01. CLIMB 1 – SINERE 6:20mins

SET THE SCENE

OK the system is ready

PROFILE

80 intro, 60 climb, 120 climb

1/1 = 120rpm

TRACK TIP

The INTRO graphics allow us to start the class approx 1 minute before the official start – during this time we do our final adjustments and announcements before getting on our bike as “LAUNCH SIMULATION” appears on screen. From here leave it to the imagination of the riders and focus on creating success with simple cues to set up great PRP – Position, Resistance and Pace. The first climb is designed to warm us up so avoid going too hard. The second climb should build intensity especially as we get into the Sit & Stand sections – remain inclusive and use language that encourages and supports riders. Let riders know they can add Resistance anytime they Stand and reduce anytime they Sit.

BLOCK 1 – 80 Intro

0:00	20x8	INTRO Push play – do your final checks and announcements, then get ready to roll		
------	------	--	--	--

BLOCK 2 – 60 Climb

1:21	8x8	RECOVERY <i>This is our workout. Let’s make as much noise as we like</i>		
1:53	8x8	Sit <i>First climb is about 1 minute. Let’s find a Heavy Resistance to Stand on</i>	L - H	3/4-1/2
2:25	16x8	Stand <i>Hook into the good beats</i>	OPT+	1/2

BLOCK 3 – 120 Climb

3:30	8x8	RECOVERY <i>Its our workout and we choose how we want to recover</i>		
4:01	8x8	Stand <i>First minute work the Technique, and then second minute work the intensity</i>	H	1/2
4:34	8x8	Sit & Stand – x4 <i>Sit 8cts & Stand 8cts – when we Stand we lift our Chest and when we Sit we shift our hips back</i>	OPT+	1/2
5:07	16x8	Sit & Stand – x4 <i>Sit 16cts & Stand 16cts</i>	OPT+	1/2
6:11	2x8	RECOVERY <i>Well done!</i>		



02. SPHERES – FEELIN 3:24mins

SET THE SCENE

Upbeat climbs and cool speed phases

PROFILE

15 climb, 15 speed, 15 climb, 15 speed, 15 climb
15 climb, 30 speed

1/1 = 130rpm

TRACK TIP

Flick the switch. It's on! Multiple transitions into climbs and speed – this provides a chance for our riders to shift between gears and leg speed across a wider range. We can also explore our vocal range which provides contrast after a more composed and consistent delivery in track 1. The drums lift the energy from the previous track, and provide some great beats which are matched to the illuminated spheres. The Sit & Stand combo at the end of Block 1 should provide a high intensity hit and is likely to be the first time we demand our riders to work harder, as well as being a prelude to the demands of track 3.

BLOCK 1 – 15 Climb, 15 Speed, 15 Climb, 15 Speed, 15 Climb

6:19	2x8	RECOVERY <i>Let's hook into the rhythm</i>		
6:27	4x8	Sit	L	3/4
6:42	2x8	Sit <i>Now hook into the Resistance - allow the legs to slow 1, 2, 1, 2</i>	H	3/4-1/2
6:49	2x8	Stand		1/2
6:56	2x8	Sit <i>Wind up the legs and drop the gear!</i>		1/2-3/4
7:04	4x8	Sit <i>Our hips are forward and our toes are down</i>	M	1/1
7:18	3x8	Sit <i>We're going again. Put the Heavy gear on</i>	H	3/4-1/2
7:29	2x8	Stand		1/2
7:37	2x8	Sit		1/2-3/4
7:44	4x8	Sit <i>On the beat</i>	M	1/1
7:59	4x8	Sit & Stand – x2 <i>Sit 8cts & Stand 8cts – we want to stay close to the Pace here, add Heavy Resistance and run!</i>	H	3/4

BLOCK 2 – 15 Climb, 30 Speed

8:14	8x8	RECOVERY <i>Take a moment. Silence.</i>		
8:43	4x8	Stand <i>When we go Heavy on the way up we have way more fun on the way down</i>	H	1/2
8:58	4x8	Sit <i>Create hype – big vocal shift into the drop</i>		1/2-3/4
9:13	4x8	Sit	M	1/1
9:28	4x8	RECOVERY		



03. COMPETE – BAIANA 5:42mins

SET THE SCENE

It's time to compete

PROFILE

25 jumps

60 jumps, 20 speed

40 jumps, 20 speed

40 jumps, 20 speed

1/1 = 95rpm

TRACK TIP

Don't rely on the Visuals – rely on the Music. The eclectic nature of the beats are matched by randomised Choreography which enhances the authentic competitive nature of this track. There is plenty going on as we interact with the road, and with the craft that overtakes us and eventually beats us. The HUD (Heads Up Display) also provides an additional layer to stimulate the senses and heighten the experience – take note of the countdown clock that leads us to the end of each Block. We don't suggest talking to all of these elements especially the first time we teach, instead tease them out over several rides.

BLOCK 1 – 25 Jumps

9:43	4x8	RECOVERY <i>When we Stand we are on the beat of the music and when we Sit its ok if we are dragged off</i>		
10:04	2x8	Sit <i>We are not alone – it's time to compete</i>	L	3/4-1/1
10:14	5x8	Stand & Sit – x2 Stand 12cts & Sit 8cts – focus on Position	M - H	1/1

BLOCK 2 – 60 Jumps, 20 Speed

10:39	1x8	Sit <i>It's gametime</i>		1/1
10:44	3 ^{1/2} x8	Stand & Sit Stand 24cts & Sit 4cts – <i>Hips are forward, hips are high, knees pumping straight up</i>	OPT+	1/1-3/4
11:02	4x8	Stand & Sit Stand 28cts & Sit 4cts – <i>We can grab a gear anytime</i>	OPT+	1/1-3/4
11:22	4x8	Stand & Sit – x2 Stand 12cts & Sit 4cts – <i>When we Sit we might get dragged off the beat and that's ok</i>	OPT+	1/1-3/4
11:42	4x8	Sit FAST & FASTER – x4 Fast 4cts & Faster 4cts		1/1-1/1+

BLOCK 3 – 40 Jumps, 20 Speed

12:02	3 ^{1/2} x8	RECOVERY Acknowledge their effort and then set the intention for the next one		
12:20	1x8	Sit	M - H	1/1
12:25	1 ^{1/2} x8	Stand & Sit Stand 8cts & Sit 4cts		1/1-3/4
12:32	8x8	Stand & Sit – x4 Stand 12cts & Sit 4cts – <i>What does the clock say?</i>	OPT+	1/1-3/4
13:13	4x8	Sit FAST & FASTER – x4 Fast 4cts & Faster 4cts – <i>Surge. Slow. Quick quick quick. Easy</i>		1/1-1/1+



03. COMPETE – BAIANA 5:42mins

BLOCK 4 – 40 Jumps, 20 Speed

13:33	3 ^{1/2} x8	RECOVERY		
13:53	1x8	Sit	M - H	1/1
13:56	1 ^{1/2} x8	Stand & Sit Stand 8cts & Sit 4cts		1/1-3/4
14:04	8x8	Stand & Sit – x4 Stand 12cts & Sit 4cts – <i>Lots of energy everytime we Stand. How good does it feel. Working overtime</i>	OPT +	1/1-3/4
14:44	4x8	Sit FASTER & FAST – x4 Faster 4cts & Fast 4cts – <i>C’mon let’s chase and catch</i>		1/1+-1/1
15:04	4x8	RECOVERY <i>Good job. What a challenge. We can’t win them all</i>		



04. PYRAMIDS – F1NK 5:27mins

SET THE SCENE

Can you hear that beat

PROFILE

60 climb

30 speed, 30 climb

90 speed, 30 climb

1/1 = 124rpm

TRACK TIP

We get some relief from the hectic intensity of the previous track, however there is still plenty of workout factor for those who want to go there, including two speed drops for thrill. Ultimately we want to encourage rhythmic riding at speeds that are achievable for most, and provide some visual relief with beat matched visuals.

BLOCK 1 – 60 Climb

15:25	8x8	RECOVERY Settle back into a groove after the last track and gradually build energy through this Block		
15:56	16x8	Stand & Sit – x2 Stand 32cts & Sit 32cts – Simple PRP delivered in a style that matches the groove of the music	H & OPT+	1/2

BLOCK 2 – 30 Speed, 30 Climb

16:59	2x8	RECOVERY <i>Just had an upbeat climb but where are those cool speed phases at?</i>		
17:06	2x8	Sit	M	3/4-1/1
17:14	8x8	Sit <i>Moving on the beat. Upper body is relaxed and we got good vibes happening downstairs</i>		1/1
17:45	2x8	Stand	H	1/2
17:53	4x8	Sit <i>Feel the tension build up. It feels so good</i>		1/2
18:08	2x8	Stand <i>We get stronger with every shift side to side</i>	OPT+	1/2

BLOCK 3 – 90 Speed, 30 Climb

18:16	5x8	RECOVERY		
18:35	3x8	Sit <i>Opportunities now to surge up onto the beat and then pullback and chill</i>	M	1/2-1/1
18:47	24x8	Sit – Surges x3 Sit 1/1 32cts & Sit 3/4 32cts – clearly coach the shifts of Pace		1/1-3/4
20:20	8x8	Stand <i>Will you keep the vibes or choose to up the workout factor – feel free to mix it up</i>	H	1/2



05. CITY – THE OPPOSITE 3:10mins

SET THE SCENE

The pace is faster in the city

PROFILE

20 speed, 50 climb, 20 speed

30 climb, 20 speed

1/1 = 140rpm

TRACK TIP

If we approach this track in a similar way to track 2 we are onto a winner! It's a wider range of speed again and arguably the fastest we will ride in this class @ 140bpm. We are right on the cusp of using faster 1, 2, 1, 2 rhythm cues so use these in addition to aspirational coaching like "chase the beat" and "as fast as we can" to keep the workout inclusive. Visually dense with lots to take in and experience.

BLOCK 1 – 20 Speed, 50 Climb, 20 Speed

20:53	6x8	RECOVERY		
21:13	4x8	Sit <i>We've got chances to hit a really fast beat. So when I say go let's drop down real quick!</i>	M	3/4+
21:27	5x8	Sit		1/1
21:43	2x8	Sit <i>Heavy Resistance let's put it on</i>	H	3/4-1/2
21:50	6x8	Stand & Sit – x3 <i>Stand 8cts & Sit 8cts – We can grab a gear anytime we need</i>	OPT+	1/2
21:11	8x8	Stand <i>Pulling the knees up. Using the core</i>	OPT+	1/2
22:38	5x8	Sit <i>On the beat</i>	M	1/1

BLOCK 2 – 30 Climb, 20 Speed

22:55	7x8	RECOVERY <i>Let's chill for a second. One more climb</i>		
23:18	8x8	Stand & Sit – x2 <i>Stand 16cts & Sit 16cts – Let's run. Sit. Back off. Gooooo!</i>	H & OPT+	1/2
23:46	5x8	Sit	M	1/1



06. HOLOGRAM – (I FEEL LIKE) BUSTIN’ LOOSE 3:50mins

SET THE SCENE

There is where we up the training

PROFILE

70 jumps – x2

1/1 = 105rpm

TRACK TIP

The world atomises as we enter a training state – it’s time to level up! Physically demanding and potentially more challenging than track 3 as we increase from 95rpm to 105rpm. Conversely the Music is upbeat, upvibe, and uplifting – so what will your approach be? Will you drive the workout? Will you get lost in the beats? Will you do both? No matter what we choose we commit to our approach and remain Fresh & Flexible to adjust in the moment or flip it next time.

BLOCK 1 – 70 Jumps

24:02	4x8	RECOVERY <i>We got 2 blocks of work – we Stand for 4’s and 8’s</i>		
24:21	8x8	Stand & Sit – 4's x8 Stand 1/1 4cts & Sit 1/1 or 3/4 4cts – all about the Position and Pace	M - H	1/1-3/4
24:57	4x8	Stand & Sit – 8's x2 Stand 1/1 8cts & Sit 1/1 or 3/4 8cts – good time to go a little crazy	OPT+	1/1-3/4
25:15	4x8	Stand & Sit – 4's x4 Stand 1/1 4cts & Sit 1/1 or 3/4 4cts – back to the basics	OPT+	1/1-3/4
25:33	8x8	Sit <i>Stay on the beat, and we can take off as much as we need</i>	L	1/1

BLOCK 2 – 70 Jumps

26:09	6x8	Stand & Sit – 8's x3 Stand 1/1 8cts & Sit 1/1 or 3/4 8cts – interact and keep riders engaged	M - H	1/1-3/4
26:36	6x8	Stand & Sit – 4's x6 Stand 1/1 4cts & Sit 1/1 or 3/4 4cts	OPT+	1/1-3/4
27:03	4x8	Stand & Sit – 8's x2 Stand 1/1 8cts & Sit 1/1 or 3/4 8cts	OPT+	1/1-3/4
27:21	6x8	Sit <i>Back off as much as you need but stay ON THE BEAT!</i>	L	1/1
27:47	1x8	Stand	M - H	1/1



07. CLIMB 2 – SINERE 4:23mins

SET THE SCENE

It's good to be challenged

PROFILE

60 climb

120 climb

1/1 = 120rpm

TRACK TIP

The trainspotters will realise this is a repeat of track 1 but we are definitely not in the same place - it's different. As we atomise back to our world the mood shifts and the Block 1 climb let's us regain some composure and settle things down. As we did in track 1 we let riders know they can add Resistance anytime they Stand and reduce anytime they Sit.

BLOCK 1 – 60 Climb

27:53	7x8	RECOVERY Celebrate the previous track and then provide riders with some space before setting this track up		
28:22	16x8	Stand Simple spacious coaching here	H & OPT+	1/2

BLOCK 2 – 120 Climb

29:26	8x8	RECOVERY <i>Next climb is 2 minutes – it will be sweet. Let's find a Heavy Resistance that sinks into our muscles</i>		
29:59	8x8	Stand <i>Firm grip on the handlebars and a big lift of the chest</i>	H	1/2
30:31	8x8	Sit & Stand – x4 <i>Sit 8cts & Stand 8cts – How smooth can we make the transitions?</i>	OPT+	1/2
31:03	16x8	Sit & Stand – x4 <i>Sit 16cts & Stand 16cts – Let's focus on our body shift side to side</i>	OPT+	1/2
32:08	2x8	RECOVERY		



08. HYPE – RUN DON'T RUN 3:03mins

SET THE SCENE

This is the one

PROFILE

35 climb, 35 climb

35 climb

25 climb

1/1 = 84rpm

TRACK TIP

The Stand HIGH & LOW is back! This variation in Position enhances the workout and feels great as we visually move quickly. Remember to clearly cue “hips forward, chest tall” when we are HIGH, and “body low, hips back” when we are LOW. Coach the feel of the Heavy Resistance to match the beat of the Music and when we go there our riders are more likely to follow our lead. Bring the hype in your authentic way and fire up your team!

BLOCK 1 – 35 Climb, 35 Climb

32:16	2x8	RECOVERY Inform riders of the upcoming HIGH & LOW Position		
32:27	2x8	Sit	M - H	1/1
32:39	2x8	Stand & Sit – x2 Stand 4cts & Sit 4cts	OPT+	1/1
32:50	4x8	Stand HIGH & LOW – x2 Stand High 8cts & Stand Low 8cts	OPT+	1/1
33:13	2x8	Sit <i>Reduce & roll. Let's do that again. Stand & Sit and then stay standing</i>	OPT–	1/1
33:24	2x8	Stand & Sit – x2 Stand 4cts & Sit 4cts	H	1/1
33:36	4x8	Stand HIGH & LOW – x2 Stand High 8cts & Stand Low 8cts	OPT+	1/1

BLOCK 2 – 35 Climb

33:59	2x8	RECOVERY We suggest you remain standing during this Recovery		
34:10	2x8	Stand <i>This time we start Low. Get ready</i>	H	1/1
34:22	4x8	Stand LOW & HIGH Stand Low 8cts & Stand High 8cts	OPT+	1/1

BLOCK 3 – 25 Climb

34:45	2x8	RECOVERY We suggest you remain standing during this Recovery		
34:56	4x8	Stand LOW & HIGH Stand Low 16cts & Stand High 16cts	H	1/1



09. REMATCH – I <3 U SO 4:10mins

SET THE SCENE

The only thing that matters is right here right now

PROFILE

30 speed, 40 climb, 30 speed, 40 climb, 60 speed

1/1 = 125rpm

TRACK TIP

4 minutes of adrenalin packed moments. Those wanting to crank the workout will naturally go there and those only just hanging on will be encouraged by the game of cat & mouse that plays out. Similar to track 3, but with more predictable flow, we interact with a beautifully flowing road and the HUD which ultimately let's us know how much longer we need to hold on for. Remain positive and encouraging to give everyone the best opportunity to perform at their personal best. Do we enter this one as underdog or favourite?

BLOCK 1 – 30 Speed, 40 Climb, 30 Speed, 40 Climb, 60 Speed

35:20	4x8	RECOVERY <i>This is a rematch.</i>		
35:36	8x8	Sit <i>Hips forward, toes down, quick pump of the knees</i>	M	1/1-1/1+
36:06	2x8	Sit <i>Put the gears on quick. C'mon let's go!</i>	H	3/4-1/2
36:14	10x8	Stand <i>Accelerate last 16cts – To the top. Run. Sit. Back it off. Here we go 30 seconds!</i>	OPT+	1/2
36:52	8x8	Sit <i>Stay on the Pace. Stay in the workout</i>	M	1/1-1/1+
37:22	2x8	Sit <i>This is our final climb</i>	H	3/4-1/2
37:30	10x8	Stand <i>Accelerate last 16cts – Can we push the limits here?</i>	OPT+	1/2
38:08	16x8	Sit <i>60 seconds!</i>	M	1/1-1/1+
39:09	5x8	RECOVERY <i>So good!</i>		



10. REFLECTION – BABY I’M YOURS 3:33mins

SET THE SCENE

Let’s keep the vibes upbeat

PROFILE

15 speed, 30 speed

15 climb, 30 speed

1/1 = 118rpm

TRACK TIP

Upbeat & groovy with a retro feel - also a wonderful state change! Once we get close to THE TRIP logo we can get off our bikes and move around the room. As always we are thankful, energetic, and encouraging. It’s all about the good vibes!

BLOCK 1 – 15 Speed, 30 Speed

39:30	4x8	RECOVERY		
39:47	4x8	Sit <i>What a challenge. What a workout</i>	L	3/4
40:02	4x8	Sit <i>Resistance is Light and the body is super fluid – hit the beat</i>		1/1
40:19	8x8	Sit <i>Reset and relax the upper body</i>	M	3/4
40:52	8x8	Sit		1/1

BLOCK 2 – 15 Climb, 30 Speed

41:24	4x8	RECOVERY <i>Take a moment. Its feels good to train this hard right?</i>		
41:40	4x8	Stand <i>Make it smooth</i>	M - H	
41:57	7x8	Sit	M	1/1
42:25	9x8	RECOVERY <i>Keep the party going. Enjoy!</i>		3/4-STOP



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

