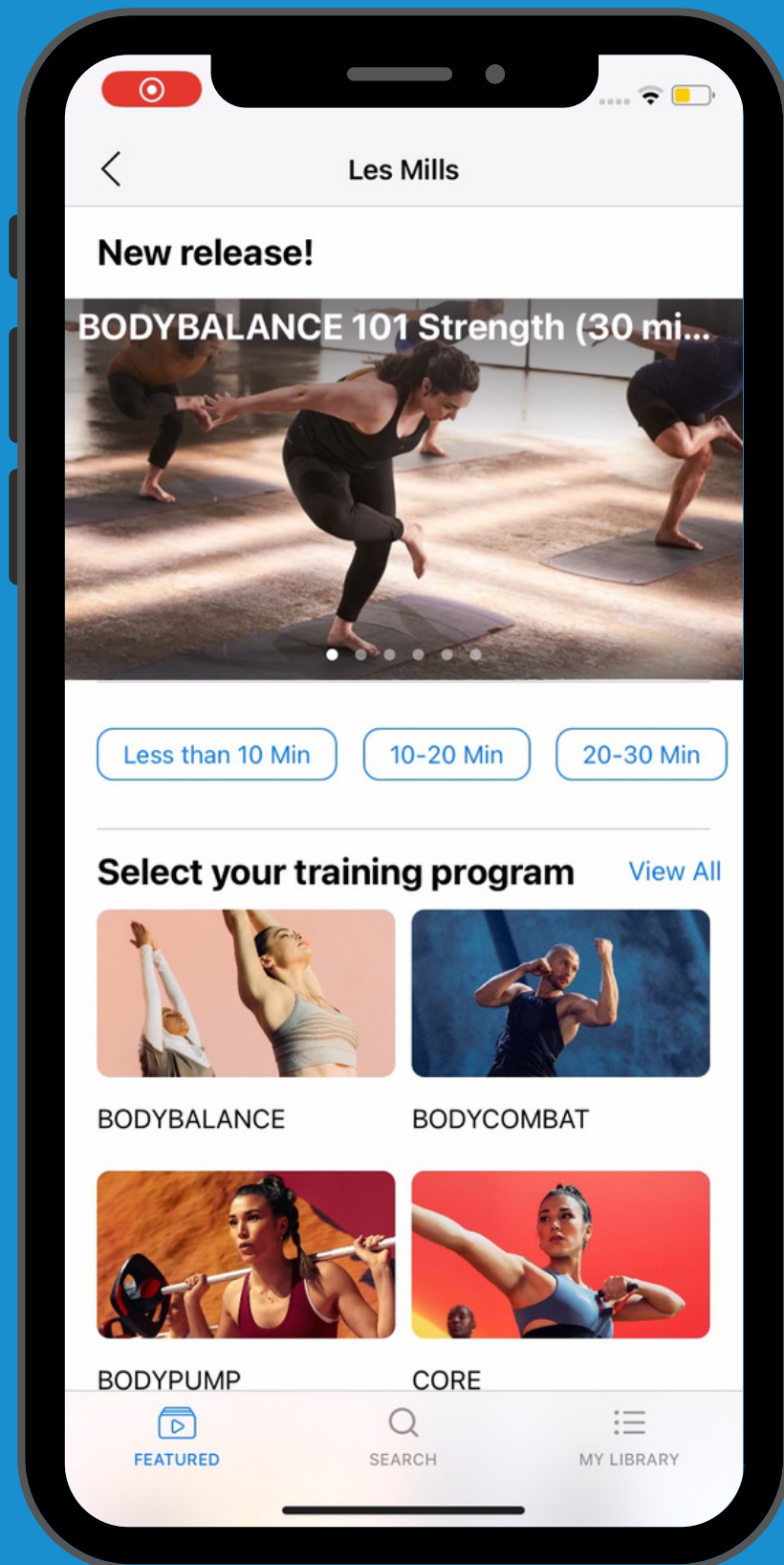


How to access Les Mills at Home

- Login to your Sportspark app
- Select 'Les Mills at Home'

If you don't have details to log onto the Sportspark App please contact our Reception team via scsa@uea.ac.uk to obtain these.

Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.

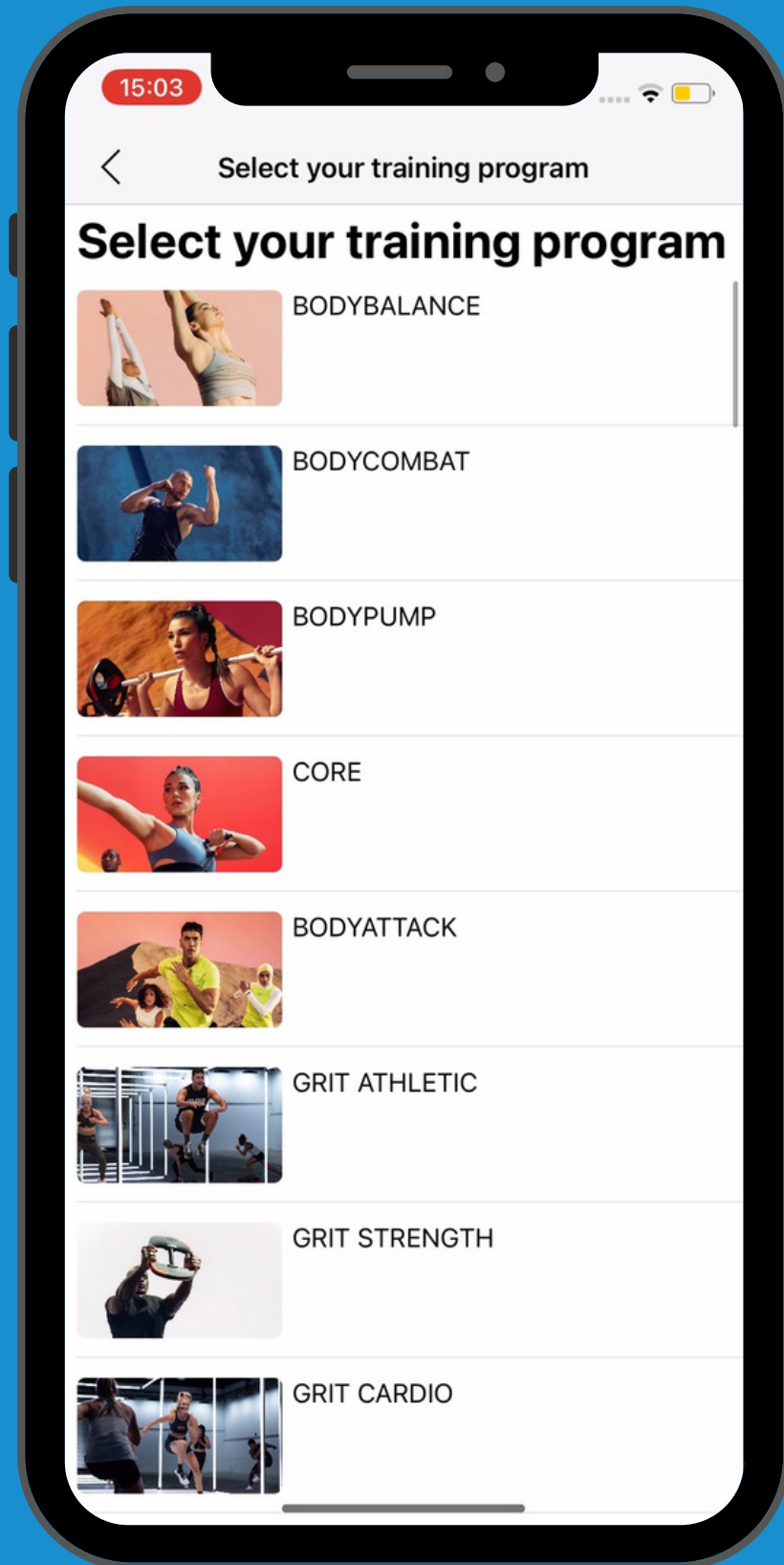


How to access Les Mills at Home

- To view all 550 fitness classes and instructional videos select 'View All'

You can view classes by class type, class duration and instructor. To view Kids Classes, Trainer Series and Wellness content scroll down.

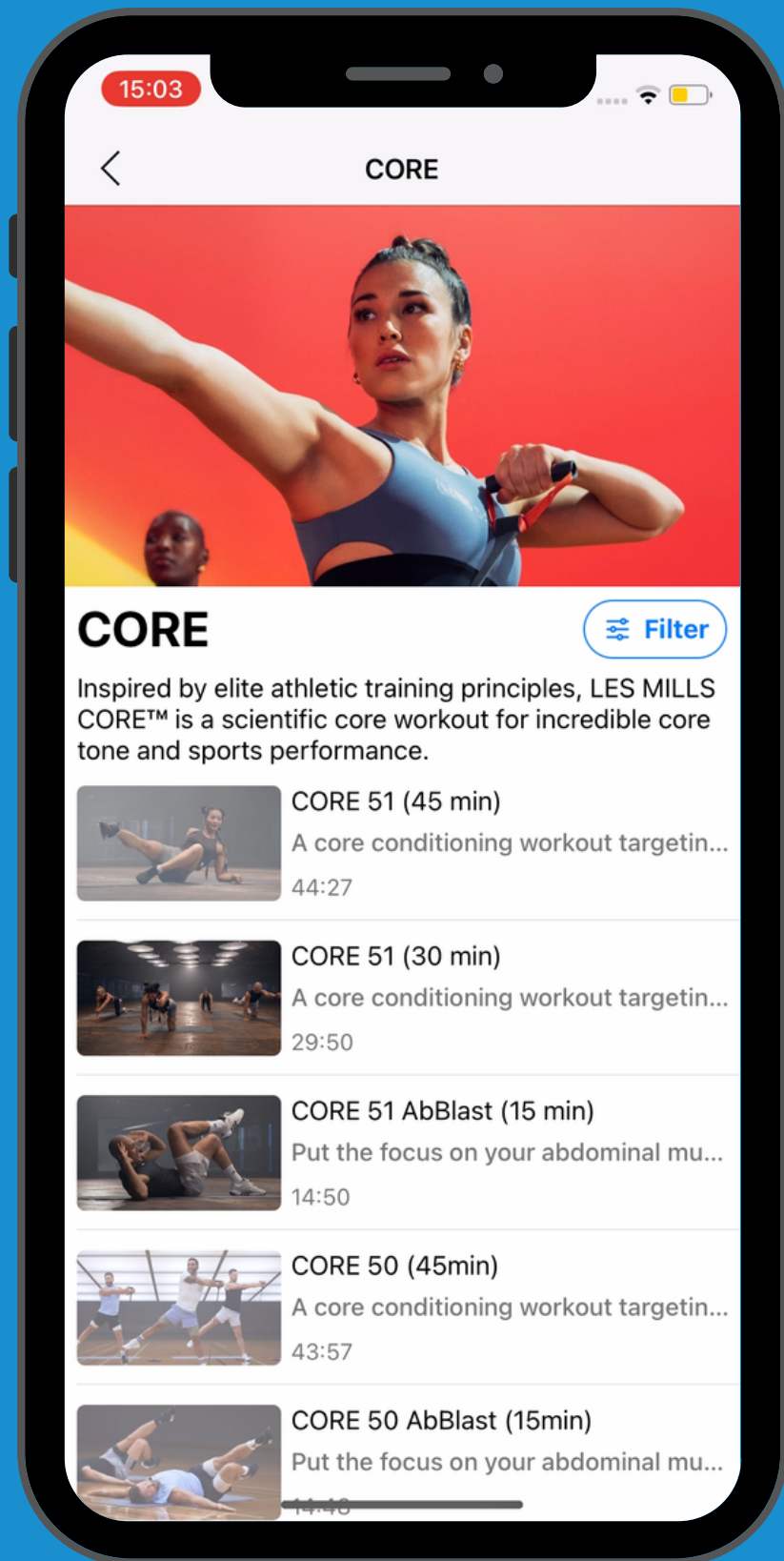
Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.



How to access Les Mills at Home

- Select your desired class type from the list

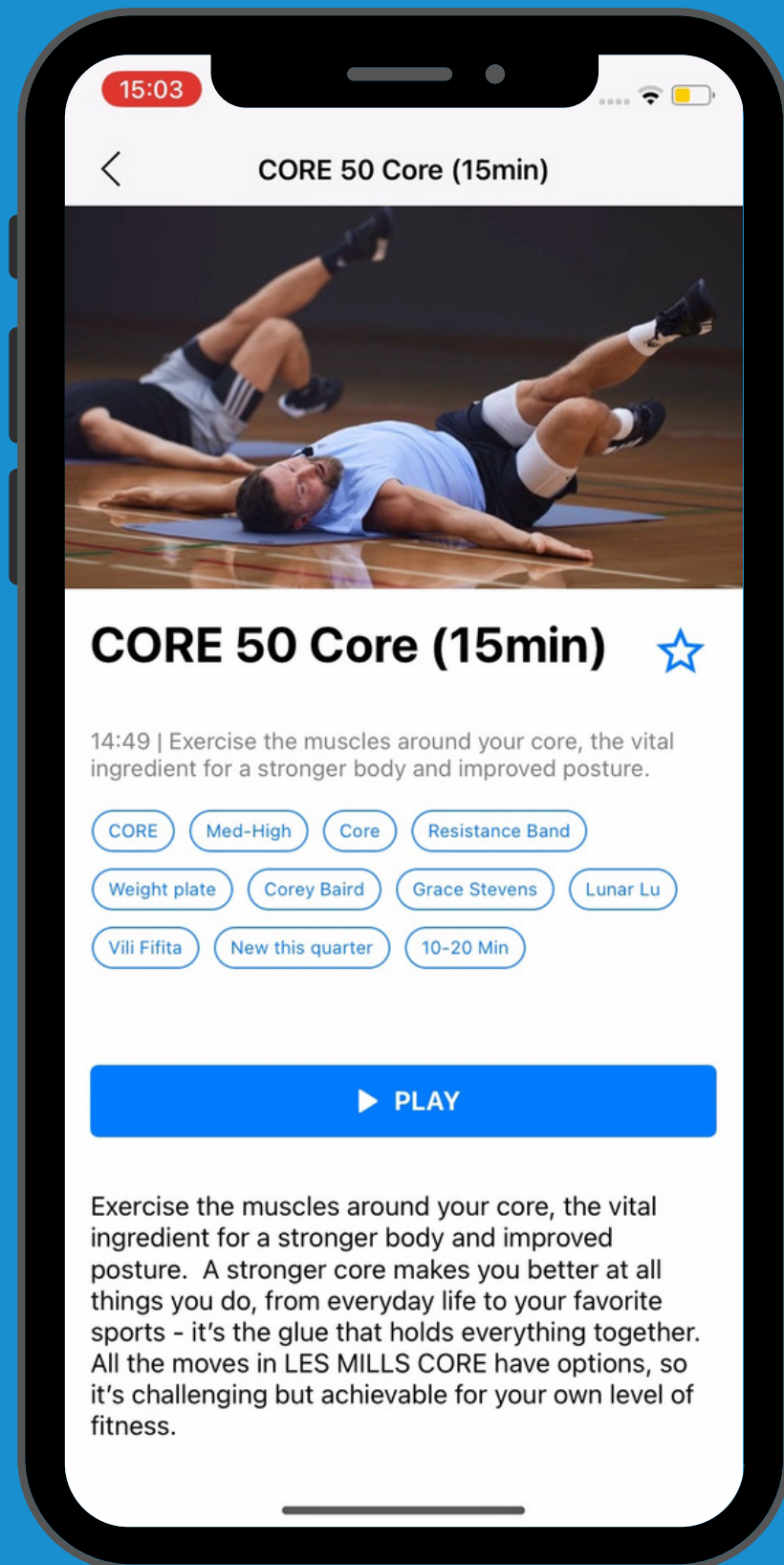
Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.



How to access Les Mills at Home

- Select your desired class from the list

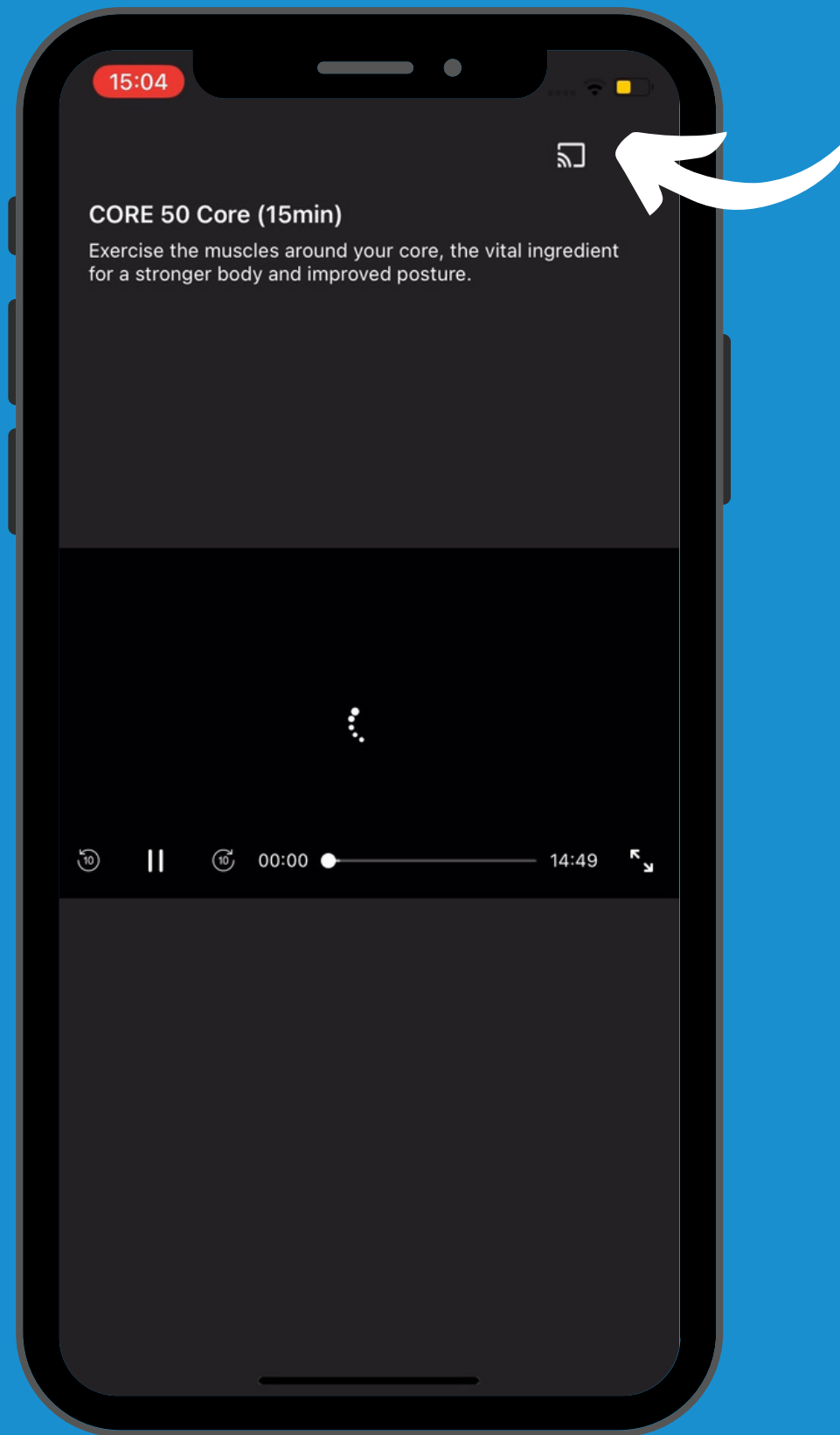
Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.



How to access Les Mills at Home

- Select 'Play'

Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.



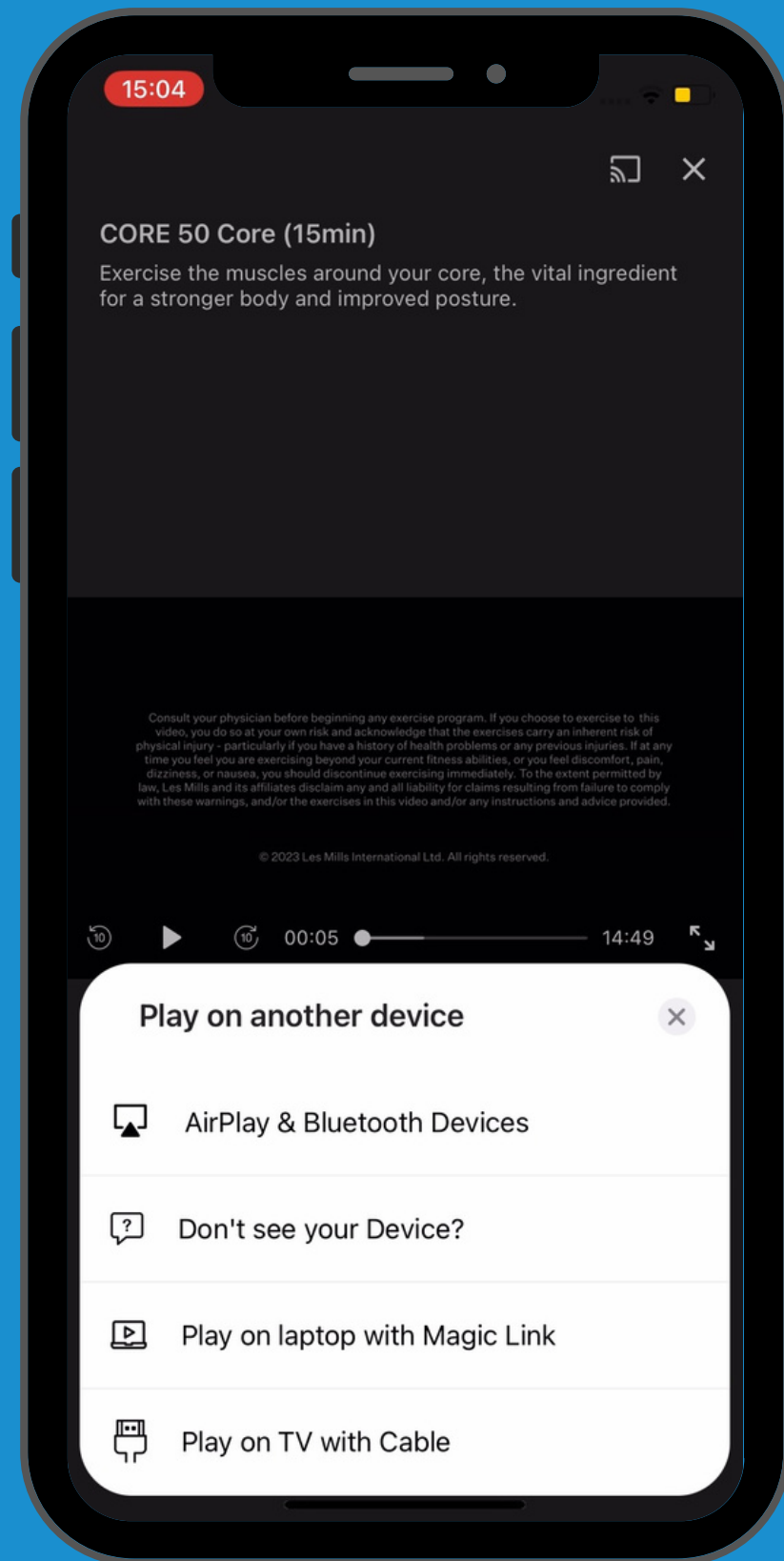
How to access Les Mills at Home

The class you've selected will start to play.

To stream to your TV or other devices:

- Select the 'Airplay' or 'Chromecast' icon in the top right corner

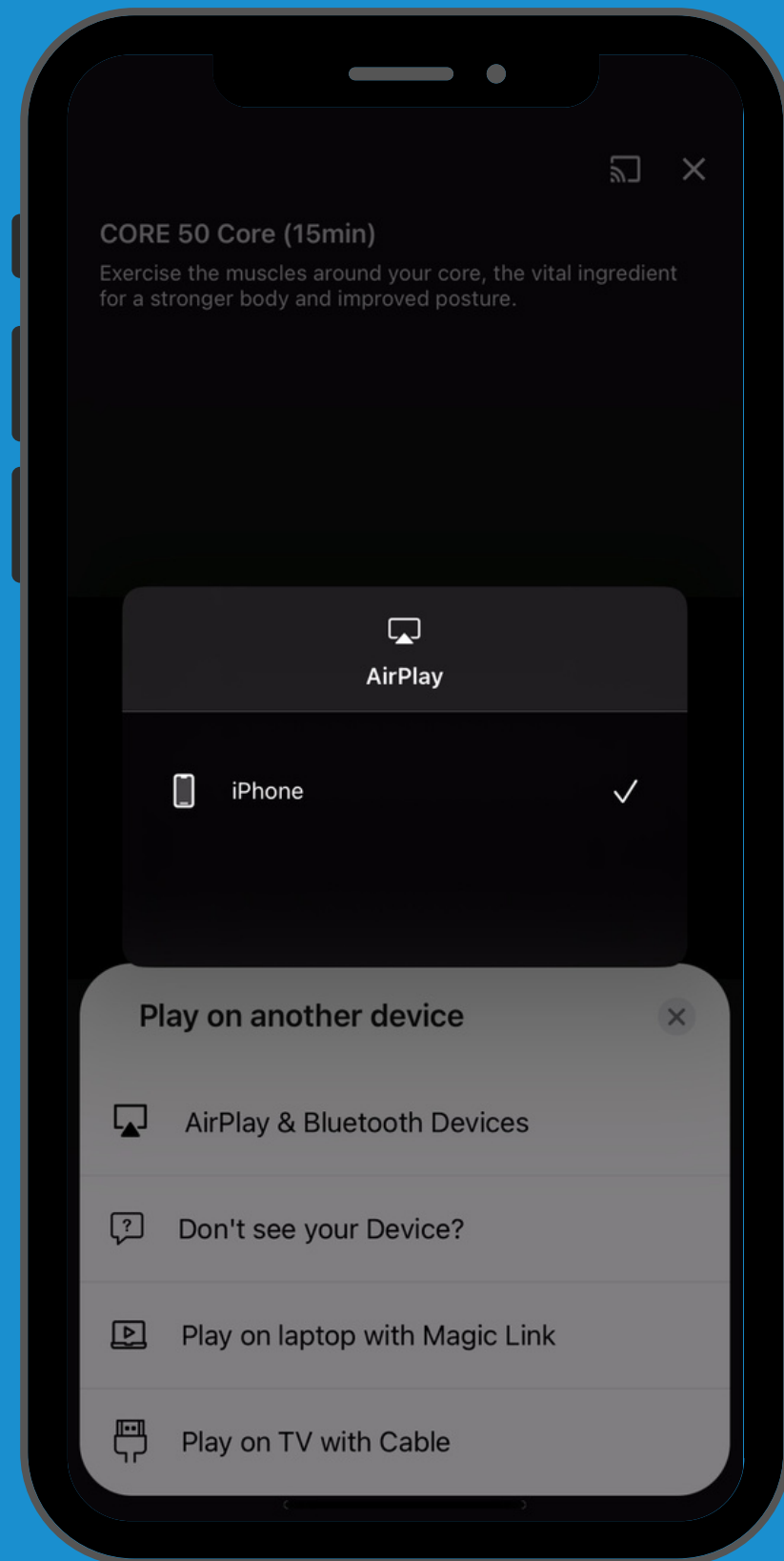
Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.



How to access Les Mills at Home

- Select whether you'd like to connect via Bluetooth, Magic Link or Cable

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How to access Les Mills at Home

- Choose the device you'd like to connect to and press play!

Available from Friday 1st March 2024. If you have any questions regarding Les Mills at Home or how to access Les Mills at Home via the Sportspark app, please contact sportspark@uea.ac.uk.