

Virtual Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POWER HOUR 6:00AM - 7:00AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	POWER HOUR 6:00AM - 7:00AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYPUMP 8:30AM - 9:30AM	LES MILLS GRIT CARDIO 8:30AM - 9:30AM	LES MILLS BODYCOMBAT 9:30AM - 10:30AM
LES MILLS BODYCOMBAT 8:30AM - 9:30AM	FLOOR CORE 8:00AM - 8:30AM	LES MILLS BODYPUMP **8:45AM - 9:10AM	LES MILLS BODYCOMBAT **8:45AM - 9:10AM	STEP 9:30AM - 10:30AM	LES MILLS BODYPUMP 9:30AM - 10:30AM	LES MILLS BODYBALANCE 10:30AM - 11:30AM
LES MILLS BODYPUMP 9:30AM - 10:30AM	SMART MOVES 8:30AM - 9:15AM	LES MILLS BODYPUMP 9:30AM - 10:30AM	LES MILLS BODYCOMBAT 9:30AM - 10:30AM	HITT 10:30AM - 11:30AM	LES MILLS SH'BAM 10:35AM - 12:00PM	BORN TO MOVE 1:00PM - 1:40PM
YOGA 10:30AM - 11:30AM	BODY LAB 9:30AM - 10:30AM	POWER YOGA 10:30AM - 11:30AM	AXIS BODY 10:30AM - 11:30AM	LES MILLS GRIT STRENGTH 12:30PM - 1:00PM	BORN TO MOVE 1:00PM - 1:40PM	LES MILLS BODYPUMP 4:30PM - 5:30PM
LES MILLS GRIT STRENGTH 12:30PM - 1:00PM	CORE YOGA SPECTRUM 10:30AM - 11:15AM	ZUMBA 11:30AM - 12:30PM	LES MILLS BODYATTACK 12:30PM - 1:00PM	LES MILLS CORE 1:00PM - 1:15PM	LES MILLS GRIT STRENGTH 4:30PM - 5:00PM	LES MILLS GRIT CARDIO 5:30PM - 6:00PM
LES MILLS CORE 1:00PM - 1:15PM	LES MILLS BODYATTACK 12:30PM - 1:00PM	LES MILLS GRIT STRENGTH 12:30PM - 1:00PM	LES MILLS CORE 1:00PM - 1:15PM	LES MILLS BODYPUMP 4:30PM - 5:30PM	LES MILLS CORE 5:00PM - 5:15PM	
LES MILLS BODYPUMP 4:30PM - 5:30PM	LES MILLS CORE 1:00PM - 1:15PM	LES MILLS CORE 1:00PM - 1:15PM	LES MILLS barre 1:30PM - 2:00PM	LES MILLS BODYATTACK 5:35PM - 6:30PM		
LES MILLS BODYCOMBAT 5:30PM - 6:30PM	LES MILLS barre 1:30PM - 2:00PM	LES MILLS BODYPUMP 4:30PM - 5:30PM	DANCE FITNESS 4:30PM - 5:30PM			
DANCE FITNESS 6:30PM - 7:30PM	DANCE FITNESS 4:30PM - 5:30PM	LES MILLS CORE 5:30PM - 6:15PM	LES MILLS GRIT ATHLETIC 5:30PM - 6:00PM			
Virtual Class in Studio	LES MILLS BODYPUMP 5:30PM - 6:30PM	BOOT CAMP 6:30PM - 7:30PM	JRD YOGA 6:00PM - 6:30PM			
	LES MILLS SH'BAM 7:35PM - 8:15PM		LES MILLS BODYPUMP 6:30PM - 7:30PM			
			LES MILLS SH'BAM 7:35PM - 8:15PM			

****Introductory Tutorial: Wednesday & Thursday 8:45AM-9:10AM**

LES MILLS BODYCOMBAT

This 25-minute introductory tutorial is the perfect first step on your BODYCOMBAT journey.

LES MILLS BODYPUMP

This 25-minute introductory tutorial is the perfect first step on your BODYPUMP journey.



#FreedomFamily