

# Virtual Group Fitness Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 and 7:00 a.m.			<b>LES MILLS BODYPUMP</b> 7:00-7:45		<b>LES MILLS BODYPUMP</b> 7:00-7:45	<b>LES MILLS BODYBALANCE</b> 6:00-6:30	
7:45 a.m.					<b>LES MILLS CORE</b> 7:45-8:00		
8:30 a.m.		<b>LES MILLS BODYCOMBAT</b> 8:30-9:15					
8:45 a.m.				<b>LES MILLS BODYPUMP</b> 8:45-9:10**	<b>LES MILLS BODYCOMBAT</b> 8:45-9:10**		
10:30 a.m.			<b>LES MILLS DANCE</b> 10:30-11:15				
11:30 a.m.	<b>LES MILLS DANCE</b> 11:30-12:15						
12:30 p.m..	<b>LES MILLS BODYBALANCE Flexibility</b> 12:30-1:00	<b>LES MILLS GRIT   STRENGTH</b> 12:30-1:00	<b>LES MILLS BODYATTACK</b> 12:30-1:00	<b>LES MILLS GRIT   STRENGTH</b> 12:30-1:00	<b>LES MILLS BODYATTACK</b> 12:30-1:00	<b>LES MILLS GRIT   STRENGTH</b> 12:30-1:00	
1:00 p.m.		<b>LES MILLS CORE</b> 1:00-1:15	<b>LES MILLS CORE</b> 1:00-1:15	<b>LES MILLS CORE</b> 1:00-1:15	<b>LES MILLS CORE</b> 1:00-1:15	<b>LES MILLS CORE</b> 1:00-1:15	<b>LES MILLS CORE</b> 1:00-1:45
1:30 p.m.		<b>LES MILLS BODYBALANCE</b> 1:30-2:30	<b>LES MILLS BODYBALANCE</b> 1:30-2:00	<b>LES MILLS BODYBALANCE</b> 1:30-2:30	<b>LES MILLS BODYBALANCE</b> 1:30-2:00	<b>LES MILLS BODYBALANCE</b> 1:30-2:30	
4:30 p.m.	<b>LES MILLS BODYPUMP</b> 4:30-5:30						<b>LES MILLS GRIT   STRENGTH</b> 4:30-5:00
5:00 p.m.							<b>LES MILLS CORE</b> 5:00-5:15
5:30 p.m./ 5:35 p.m.	<b>LES MILLS GRIT   CARDIO</b> 5:30-6:00						
7:35 p.m.		<b>LES MILLS BODYBALANCE</b> 7:35-8:20	<b>LES MILLS DANCE</b> 7:35-8:20	<b>LES MILLS BODYBALANCE</b> 7:35-8:20	<b>LES MILLS DANCE</b> 7:35-8:20		

**All classes are held in the studio.**

**\*\*25-minute Introductory Tutorial**

**Les Mills BodyAttack:** High-energy fitness class with a combination of athletic movements and strength exercises.

**Les Mills Body Balance:** Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

**Les Mills Body Balance - Flexibility:** Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

**Les Mills Core:** Core provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.

**Les Mills Dance:** Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute highenergy workout has been created by dancers to challenge and uplift you.

**Les Mills Grit Cardio:** LES MILLS GRIT™ Cardio is a 30 minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

**Les Mills Grit Strength:** High-intensity interval training designed to improve strength and build lean muscle