

Virtual Group Fitness Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 a.m.			LESMILLS BODYPUMP 7:00-7:45		LESMILLS BODYPUMP 7:00-7:45		
7:45 a.m.					LESMILLS CORE 7:45-8:00		
8:30 a.m.		LESMILLS BODYCOMBAT 8:30-9:15					
8:45 a.m.				LESMILLS BODYPUMP 8:45-9:10**	LESMILLS BODYCOMBAT 8:45-9:10**		
11:30 a.m.	LESMILLS DANCE 11:30-12:15						
12:30 p.m..	LESMILLS BODYBALANCE Flexibility 12:30-1:00	LESMILLS GRIT STRENGTH 12:30-1:00	LESMILLS BODYATTACK 12:30-1:00	LESMILLS GRIT STRENGTH 12:30-1:00	LESMILLS BODYATTACK 12:30-1:00	LESMILLS GRIT STRENGTH 12:30-1:00	
1:00 p.m.	LESMILLS BORN TO MOVE 1:00-1:40	LESMILLS CORE 1:00-1:15	LESMILLS CORE 1:00-1:15	LESMILLS CORE 1:00-1:15	LESMILLS CORE 1:00-1:15	LESMILLS CORE 1:00-1:15	LESMILLS CORE 1:00-1:45
1:30 p.m.		LESMILLS BODYBALANCE 1:30-2:30	LESMILLS barre 1:30-2:00	LESMILLS BODYBALANCE 1:30-2:30	LESMILLS barre 1:30-2:00	LESMILLS BODYBALANCE 1:30-2:30	
4:30 p.m.	LESMILLS BODYPUMP 4:30-5:30						LESMILLS GRIT STRENGTH 4:30-5:00
5:00 p.m.							LESMILLS CORE 5:00-5:15
5:30 p.m./ 5:35 p.m.	LESMILLS GRIT CARDIO 5:30-6:00					LESMILLS BODYATTACK 5:35-6:35	
7:35 p.m.		LESMILLS BODYBALANCE 7:35-8:20	LESMILLS DANCE 7:35-8:20	LESMILLS BODYBALANCE 7:35-8:20	LESMILLS DANCE 7:35-8:20		

All classes are held in the studio.

****25-minute Introductory Tutorial**

Les Mills Barre: A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

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 Born to Move: Focusing on fun rather than formal exercise routines for kids, these classes are the best way to introduce fundamental movement skills.

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