



Virtual Fitness Schedule

Effective October 13, 2022

Fitness Room II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT 5:30-6:45 am	LES MILLS RPM 5:30-6:20am	LES MILLS CORE 5:30-6:00 am	LES MILLS BODYPUMP 5:30-6:30am	LES MILLS BODYBALANCE 5:30-6:15 am		
LES MILLS CORE 7:00-7:30 am	LES MILLS sprint 7:00-7:30 am	LES MILLS BODYPUMP 7:00-7:45 am	LES MILLS BODYCOMBAT 7:00-7:45 am	LES MILLS BODYPUMP 7:00-7:45 am	LES MILLS BODYCOMBAT 7:00-8:15 am	
Forever Young! Live Class 8:00-9:00 am	LES MILLS BODYBALANCE 8:00-8:45 am	Forever Young! Live Class 8:00-9:00 am	LES MILLS BODYBALANCE 8:00-8:45am	LES MILLS BODYBALANCE 8:00-8:45 am	LES MILLS BODYBALANCE 8:30-9:15 am	
LES MILLS CORE 9:10-9:40 am	LES MILLS BODYCOMBAT 9:00-9:45 am	LES MILLS sprint 9:10-9:40 am	LES MILLS CORE 9:00-9:30 am	LES MILLS BODYCOMBAT 9:00-9:45 am	LES MILLS BODYPUMP 9:20-10:20am	
LES MILLS BODYCOMBAT 10:00-10:45am	LES MILLS CORE 10:00-10:30am	LES MILLS BODYBALANCE 10:00-10:45am	LES MILLS RPM 10:00-10:50am	LES MILLS CORE 10:00-10:30am	LES MILLS CORE 10:30-11:15am	
LES MILLS BODYBALANCE 11:00-11:45am	LES MILLS BODYCOMBAT 11:00-11:45am	LES MILLS CORE 11:00-11:30am	LES MILLS BODYPUMP 11:00am-12pm	LES MILLS sprint 11:00-11:30am		
LES MILLS BODYPUMP 12:10-12:40pm	LES MILLS CORE 12:10-12:40pm	LES MILLS sprint 12:10-12:40pm	LES MILLS BODYCOMBAT 12:10-12:40pm	LES MILLS BODYBALANCE 12:10-12:40pm		
LES MILLS BODYCOMBAT 2:00-2:45 pm	LES MILLS BODYBALANCE 2:00-2:45 pm	LES MILLS BODYPUMP 2:00-2:45 pm	LES MILLS RPM 2:00-2:50 pm	LES MILLS CORE 2:00-2:30 pm		
LES MILLS BODYPUMP 4:00-5:00 pm	LES MILLS BODYCOMBAT 4:00-4:45 pm	LES MILLS CORE 4:00-4:30 pm	LES MILLS BODYBALANCE 4:00-4:45 pm	LES MILLS RPM 4:00-4:50 pm		
LES MILLS BODYCOMBAT 5:05-5:50 pm	Fierce Full Body Fitness 5:10-6:10 pm	LES MILLS sprint 5:00-5:30 pm	Fierce Full Body Fitness 5:10-6:10 pm	LES MILLS BODYCOMBAT 5:00-5:45 pm		
LES MILLS BODYBALANCE 6:00-6:45 pm	LES MILLS RPM 6:05-6:55 pm	LES MILLS BODYPUMP 6:00-7:00 pm	LES MILLS BODYCOMBAT 6:05-6:50 pm	LES MILLS CORE 6:00-6:30 pm		

Les Mills virtual workouts are pre-recorded classes that are of cinematic quality. These workouts combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results!

LES MILLS BODYPUMP

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.

LES MILLS BODYCOMBAT™

Are you looking for an empowering workout that gets real results? If so, this is it! Our incredibly popular Les Mills BODYCOMBAT workout gets you fit, fast and strong, using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS CORE

Focused on core conditioning, Les Mills CXWORX provides the vital ingredient for functional strength and fitness. It is the ideal way to increase core strength or build on the results you are getting from your other workouts.

LES MILLS BODYBALANCE

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

LES MILLS RPM

The perfect start for people new to group fitness, LES MILLS RPM is a highly motivating and often addictive cycle workout that lets you burn calories, build cardio fitness, and dial up the challenge factor to match your fitness level.

LES MILLS sprint

Do you want to offer a new challenge to your cycle workout? LES MILLS SPRINT is HIIT on a bike, a high-intensity workout that delivers rapid results. It's a short, intense style of training where the thrill and motivation comes from pushing physical and mental limits.

Instructor Led Classes

Forever Young!

This energetic class challenges you with a variety of low impact aerobics and strength training. This class is designed for people of all ages and fitness levels. It is sure to get your heart pumping and your muscles strong and toned. **Instructor-Patti**

Fierce Full Body Fitness

This is a total body fitness workout. This circuit training class is a great way to improve your strength, flexibility and heart. Work all muscle groups with a variety of strengthening and conditioning exercises using hand weights, body bars, kettlebells, and your own body weight. Core training and deep stretching finishes off this class giving you a complete workout in 1 hour. **Instructor-Cecilia**