



VIRTUAL FITNESS SCHEDULE

Effective November 1, 2020

Fitness Room II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LES MILLS CXWORX 5:30-6:00 AM	LES MILLS RPM 5:30-6:20 AM	LES MILLS CXWORX 5:30-6:00 AM	LES MILLS sprint 5:30-6:00 AM	LES MILLS BODYFLOW™ 5:30-6:15 AM	
LES MILLS CXWORX 7:00-7:30 AM	LES MILLS RPM 7:00-7:50 AM	LES MILLS CXWORX 7:00-7:30 AM	LES MILLS sprint 7:00-7:30 AM	LES MILLS CXWORX 7:00-7:30 AM	LES MILLS BODYCOMBAT 7:30-8:15 AM
LES MILLS BODYFLOW™ 8:00-8:45 AM	LES MILLS BODYFLOW™ Strength 8:00-8:30 AM	LES MILLS BODYFLOW™ 8:00-8:45 AM	LES MILLS BODYFLOW™ Flexibility 8:00-8:30 AM	LES MILLS BODYFLOW™ 8:00-8:45 AM	LES MILLS BODYFLOW™ 8:30-9:15 AM
LES MILLS BODYCOMBAT 9:00-9:45 AM	LES MILLS CXWORX 9:00-9:30 AM	LES MILLS sprint 9:00-9:30 AM	LES MILLS BODYFLOW™ 9:00-9:45 AM	LES MILLS BODYCOMBAT 9:00-9:45 AM	
LES MILLS CXWORX 10:00-10:30 AM	LES MILLS BODYCOMBAT 10:00-10:45 AM	LES MILLS BODYFLOW™ 10:00-10:45 AM	LES MILLS BODYCOMBAT 10:00-10:45 AM	LES MILLS CXWORX 10:00-10:30 AM	
LES MILLS sprint 11:00-11:30 AM	LES MILLS CXWORX 11:00-11:30 AM	LES MILLS BODYFLOW™ 11:00-11:30 AM	LES MILLS BODYCOMBAT 11:00-11:30 AM	LES MILLS CXWORX 11:00-11:30 AM	
LES MILLS BODYCOMBAT 12:15-12:45 PM	LES MILLS CXWORX 12:15-12:45 PM	LES MILLS sprint 12:15-12:45 PM	LES MILLS BODYCOMBAT 12:15-12:45 PM	LES MILLS CXWORX 12:15-12:45 PM	
LES MILLS BODYCOMBAT 2:00-2:45 PM	LES MILLS BODYFLOW™ 2:00-2:45 PM	LES MILLS RPM 2:00-2:50 PM	LES MILLS BODYFLOW™ 2:00-2:45 PM	LES MILLS CXWORX 2:00-2:30 AM	
LES MILLS CXWORX 4:00-4:30 PM	LES MILLS BODYCOMBAT 4:00-4:45 PM	LES MILLS BODYFLOW™ 4:00-4:45 PM	LES MILLS CXWORX 4:00-4:30 PM	LES MILLS RPM 4:00-4:50 PM	
LES MILLS BODYCOMBAT 5:00-5:45 PM	LES MILLS BODYPUMP 5:00-5:45 PM	LES MILLS BODYCOMBAT 5:00-5:45 PM	LES MILLS BODYPUMP 5:00-5:45 PM	LES MILLS BODYCOMBAT 5:00-5:45 PM	
LES MILLS RPM 6:00-6:50 PM	LES MILLS RPM 6:00-6:50 PM	LES MILLS sprint 6:00-6:30 AM	LES MILLS sprint 6:00-6:30 AM		

What is virtual?

It's Les Mills on our Big Screen

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!

Class Descriptions

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 **CXWORX**

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 **BODYFLOW™**

Ideal for everyone, Les Mills BODYFLOW is a modern take on yoga with elements of Tai Chi and Pilates, set to music. Scientifically designed for a fitness club environment, it will improve your mind, your body and your life.

LES MILLS Strength **BODYFLOW™**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LES MILLS Flexibility **BODYFLOW™**

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 **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.

