



Virtual Group Exercise Schedule

Fitness Room II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM 5:30AM - 6:20AM	LES MILLS RPM 5:30AM - 6:20AM	LES MILLS RPM 5:30AM - 6:20AM	LES MILLS THE TRIP 5:30AM - 6:15AM	LES MILLS RPM 5:30AM - 6:20AM	LES MILLS THE TRIP 6:45AM - 7:30AM	
LES MILLS BODYCOMBAT 6:45AM - 7:30AM	LES MILLS BODYBALANCE 6:20AM - 6:40AM	LES MILLS CORE 6:45AM - 7:30AM	LES MILLS BODYBALANCE 6:15AM - 6:35AM	LES MILLS BODYATTACK 6:45AM - 7:45AM	LES MILLS CORE 7:45AM - 8:15AM	
LES MILLS BODYPUMP 9:10AM - 10:10AM	LES MILLS THE TRIP 6:45AM - 7:30AM	LES MILLS BODYPUMP 9:10AM - 10:10AM	LES MILLS RPM 6:45AM - 7:35AM	LES MILLS BODYCOMBAT 8:00AM - 8:45AM	LES MILLS GRIT ATHLETIC 8:15AM - 8:45AM	
LES MILLS RPM 10:30AM - 11:20AM	LES MILLS BODYBALANCE 8:00AM - 8:45AM	LES MILLS GRIT CARDIO 11:30AM - 12:00PM	LES MILLS BODYBALANCE 8:00AM - 8:45AM	LES MILLS BODYPUMP 8:45AM - 9:45AM	LES MILLS BODYPUMP 9:00AM - 9:45AM	
LES MILLS BODYBALANCE FLEXIBILITY 11:30AM - 12:00PM	LES MILLS CORE 9:00AM - 9:30AM	LES MILLS CORE 12:10PM - 12:40PM	LES MILLS CORE 9:00AM - 9:30AM	LES MILLS RPM 10:15AM - 11:05AM	LES MILLS RPM 10:00AM - 10:50AM	
LES MILLS GRIT STRENGTH 12:10PM - 12:40PM	LES MILLS BODYCOMBAT 9:30AM - 10:30AM	LES MILLS sprint 1:00PM - 1:30PM	LES MILLS BODYPUMP 10:30AM - 11:30AM	LES MILLS GRIT ATHLETIC 11:15AM - 11:45AM	LES MILLS BODYBALANCE 11:00AM - 12:00PM	
LES MILLS BODYPUMP 1:30PM - 2:30PM	LES MILLS BODYATTACK 10:30AM - 11:30AM	LES MILLS BODYPUMP 1:30PM - 2:30PM	LES MILLS BODYATTACK 12:10PM - 12:40PM	LES MILLS DANCE 12:10PM - 12:55PM	LES MILLS BODYATTACK 12:30PM - 1:30PM	
LES MILLS BODYATTACK 2:30PM - 3:30PM	LES MILLS BODYCOMBAT 12:10PM - 12:40PM	LES MILLS BODYBALANCE 2:45PM - 3:45PM	LES MILLS BODYBALANCE 1:00PM - 1:45PM	LES MILLS THE TRIP 1:00PM - 1:45PM		
LES MILLS CORE 4:00PM - 4:45PM	LES MILLS BODYBALANCE 1:00PM - 1:45PM	LES MILLS CORE 5:15PM - 5:45PM	LES MILLS BODYATTACK 2:30PM - 3:30PM	LES MILLS BODYCOMBAT 2:30PM - 3:30PM		
LES MILLS THE TRIP 5:15PM - 6:00PM	LES MILLS BODYCOMBAT 2:30PM - 3:30PM	LES MILLS GRIT STRENGTH 5:45PM - 6:15PM	LES MILLS DANCE 4:00PM - 4:45PM	LES MILLS BODYBALANCE 4:00PM - 4:45PM		
LES MILLS GRIT CARDIO 6:15PM - 6:45PM	LES MILLS BODYPUMP 5:15PM - 6:00PM		LES MILLS RPM 5:00PM - 5:30PM	LES MILLS DANCE 5:30PM - 6:15PM		
	LES MILLS BODYATTACK 6:15PM - 7:00PM					

LES MILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

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LES MILLS **BODYBALANCE**

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

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LES MILLS **BODYBALANCE** | 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 **BODYBALANCE**

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LES MILLS **BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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LES MILLS **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS **CORE**

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS **DANCE**

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

LES MILLS **GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS **GRIT** | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS **GRIT** | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS **RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

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LES MILLS **sprint**

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your

physical and mental limits.

LES MILLS **THE TRIP**

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



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