



June-August Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:05AM - 6:05AM LES MILLS WOMEN & WEIGHTS 6:15AM - 7:15AM LES MILLS GRIT CARDIO 7:30AM - 8:00AM LES MILLS CORE 8:15AM - 8:45AM LES MILLS BODYSTEP 8:50AM - 9:35AM LES MILLS BODYBALANCE 10:00AM - 11:00AM LES MILLS SH'BAM 11:15AM - 11:45AM LES MILLS BODYCOMBAT 12:00PM - 12:30PM LES MILLS CORE 12:35PM - 1:05PM LES MILLS BODYPUMP 1:30PM - 2:15PM LES MILLS BODYATTACK 2:30PM - 3:30PM LES MILLS BODYSTEP 4:30PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:30PM LES MILLS BODYBALANCE 6:35PM - 7:05PM LES MILLS GRIT CARDIO 7:30PM - 8:00PM LES MILLS CORE 8:15PM - 8:45PM	LES MILLS FUNCTIONAL STRENGTH 5:05AM - 5:50AM LES MILLS CORE 5:55AM - 6:25AM LES MILLS barre 6:30AM - 7:00AM LES MILLS BODYPUMP 7:15AM - 8:00AM LES MILLS BODYPUMP 8:30AM - 9:15AM LES MILLS BODYBALANCE 9:20AM - 9:50AM LES MILLS ZUMBA toning 10:00AM - 11:00AM LES MILLS Shapes 11:05AM - 11:50AM LES MILLS BODYPUMP 12:00PM - 1:00PM LES MILLS BODYPUMP 1:30PM - 2:15PM RESERVED for Y programming 2:30PM - 3:30PM LES MILLS BODYPUMP 4:15PM - 5:15PM LES MILLS CORE 5:20PM - 5:50PM LES MILLS BODYCOMBAT 5:55PM - 6:40PM LES MILLS FUNCTIONAL STRENGTH 6:50PM - 7:35PM LES MILLS barre 8:15PM - 8:45PM	LES MILLS BODYPUMP 5:05AM - 5:50AM LES MILLS BODYPUMP 6:00AM - 6:30AM LES MILLS CORE 6:30AM - 7:00AM LES MILLS BODYPUMP 7:15AM - 8:00AM LES MILLS CORE 8:15AM - 8:45AM LES MILLS BODYSTEP 8:55AM - 9:40AM LES MILLS ZUMBA gold 10:00AM - 10:45AM LES MILLS GRIT STRENGTH 11:00AM - 11:30AM LES MILLS BODYCOMBAT 12:00PM - 12:30PM LES MILLS CORE 12:35PM - 1:05PM LES MILLS BODYPUMP 1:30PM - 2:15PM LES MILLS BODYATTACK 2:30PM - 3:30PM LES MILLS Shapes 4:15PM - 4:45PM LES MILLS BODYCOMBAT 4:50PM - 5:20PM LES MILLS BODYPUMP 5:30PM - 6:30PM LES MILLS BODYBALANCE 6:45PM - 7:15PM LES MILLS GRIT ATHLETIC 7:30PM - 8:00PM LES MILLS CORE 8:15PM - 8:45PM	LES MILLS GRIT STRENGTH 5:05AM - 5:35AM LES MILLS CORE 5:40AM - 6:10AM LES MILLS barre 6:30AM - 7:00AM LES MILLS BODYPUMP 8:30AM - 9:30AM LES MILLS BODYBALANCE 9:35AM - 10:05AM LES MILLS BODYSTEP 10:15AM - 11:15AM LES MILLS FUNCTIONAL STRENGTH 12:00PM - 12:45PM LES MILLS BODYPUMP 1:30PM - 2:15PM LES MILLS BODYATTACK 2:30PM - 3:00PM LES MILLS CORE 3:15PM - 3:45PM LES MILLS BODYPUMP 4:15PM - 5:15PM LES MILLS BODYATTACK 5:30PM - 6:15PM LES MILLS CORE 6:20PM - 6:50PM RESERVED for Y programming 7:00PM - 7:30PM LES MILLS BODYCOMBAT 7:45PM - 8:45PM	Strength Development 5:05AM - 5:50AM LES MILLS BODYPUMP 6:30AM - 7:30AM LES MILLS BODYPUMP 8:30AM - 9:30AM LES MILLS BODYCOMBAT 9:35AM - 10:35AM LES MILLS BODYBALANCE 10:45AM - 11:15AM LES MILLS BODYSTEP 12:00PM - 1:00PM LES MILLS BODYPUMP 1:30PM - 2:15PM LES MILLS BODYATTACK 2:30PM - 3:30PM LES MILLS CORE 3:45PM - 4:15PM LES MILLS BODYATTACK 4:30PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:30PM LES MILLS BODYCOMBAT 7:00PM - 8:00PM LES MILLS CORE 8:15PM - 8:45PM	LES MILLS GRIT ATHLETIC 6:00AM - 6:30AM LES MILLS BODYPUMP 6:45AM - 7:30AM LES MILLS BODYATTACK 8:00AM - 9:00AM LES MILLS BODYPUMP 9:10AM - 10:10AM LES MILLS CORE 10:15AM - 10:45AM LES MILLS BODYCOMBAT 11:15AM - 12:15PM LES MILLS BODYATTACK 12:30PM - 1:30PM LES MILLS BODYPUMP 1:45PM - 2:45PM	LES MILLS BODYPUMP 7:05AM - 7:50AM Strength Development 8:00AM - 8:45AM LES MILLS BODYPUMP 9:00AM - 9:45AM LES MILLS BODYCOMBAT 9:55AM - 10:40AM LES MILLS BODYATTACK 11:00AM - 11:45AM