

GROUP FITNESS CLASS SCHEDULE

Schedule Effective as of 6/1/22 • FOD = Fitness On Demand/Virtual

MONDAY

5:30am	BODYPUMP	Studio 1
8:30am	RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
10:15am	SPRINT	Studio 3
10:20am	TONE	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	BODYATTACK (30 MIN)	Studio 2
5:00pm	CORE (30 MIN)	Studio 2
5:30pm	BODYPUMP	Studio 1
5:30pm	FOD RPM	Studio 3
5:30pm	Heated Power Yoga	Studio 5
5:45pm	TONE	Studio 2
6:35pm	BODYJAM	Studio 1

TUESDAY

5:30am	RPM	Studio 3
5:30am	FOD BODYCOMBAT	Studio 1
8:00am	BODYPUMP	Studio 1
9:05am	BODYSTEP	Studio 1
9:15am	RPM	Studio 3
9:30am	GRIT STRENGTH	Studio 2
10:10am	CORE (45 MIN)	Studio 1
12:00pm	FOD BODYATTACK	Studio 1
12:15pm	FOD RPM	Studio 3
5:15pm	GRIT STRENGTH	Studio 2
5:30pm	RPM	Studio 3
5:30pm	Yoga	Studio 5
5:35pm	BODYCOMBAT	Studio 1
5:50pm	CORE (30 MIN)	Studio 2
6:30pm	BODYPUMP	Studio 2
6:35pm	BODYBALANCE (FLOW)	Studio 5

WEDNESDAY

5:30am	BODYPUMP	Studio 1
6:00am	GRIT (Athletic/Cardio)	Studio 2
8:30am	FOD RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP (55 MIN)	Studio 1
10:20am	TONE	Studio 1
10:30am	Yoga	Studio 5
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	HP Yoga (45 MIN)	Studio 5
5:30pm	BODYPUMP	Studio 1
5:30pm	BODYSTEP	Studio 2
5:30pm	RPM	Studio 3
6:35pm	ZUMBA	Studio 1

THURSDAY

5:30am	RPM	Studio 3
5:45am	BODYBALANCE (FLOW)	Studio 5
8:00am	BODYPUMP	Studio 1
8:45am	BODYBALANCE (FLOW)	Studio 5
9:05am	BODYCOMBAT	Studio 1
9:15am	RPM	Studio 3
10:10am	CORE (30 MIN)	Studio 1
12:00pm	FOD BODYCOMBAT	Studio 1
12:15pm	FOD RPM	Studio 3
4:30pm	BODYPUMP	Studio 1
5:15pm	GRIT (Athletic/Cardio)	Studio 2
5:30pm	FOD RPM	Studio 3
5:30pm	Yoga	Studio 5
5:35pm	BODYCOMBAT	Studio 1
5:50pm	CORE (45 MIN)	Studio 2
6:35pm	BODYBALANCE (FLOW)	Studio 5

FRIDAY

5:30am	BODYPUMP	Studio 1
8:30am	FOD RPM	Studio 3
9:00am	Tone	Studio 2
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
10:15am	Yoga	Studio 5
10:20am	BODYCOMBAT (30 MIN)	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	FOD RPM	Studio 3
5:30pm	FOD BODYPUMP	Studio 1

SATURDAY

7:30am	RPM	Studio 3
7:45am	GRIT STRENGTH	Studio 2
8:15am	BODYPUMP	Studio 2
8:20am	BODYATTACK	Studio 1
9:00am	Heated Power Yoga	Studio 5
9:25am	BODYCOMBAT	Studio 1
10:30am	ZUMBA	Studio 1

SUNDAY

8:30am	RPM	Studio 3
8:30am	Heated Power Yoga	Studio 5
9:00am	SUNDAY CRUNCH	Studio 1
10:00am	Yoga (55 MIN)	Studio 5
10:05am	BODYPUMP	Studio 1
11:00am	BODYBALANCE (FLOW)	Studio 5



Scan Code to download your own copy of the Group Fitness Schedule.

LES MILLS
BODYFLOW

HAS CHANGED IT'S NAME TO

LES MILLS
BODYBALANCE



SUNDAY CRUNCH (55 min)

6/5/22	BODYCOMBAT
6/12/22	BODYSTEP
6/19/22	BODYATTACK
6/26/22	BODYSTEP