

Les Mills Virtual Schedule (Subject to Change) 08/01/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 6:45AM - 7:15AM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 8:30AM - 9:30AM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 7:10AM - 8:10AM Group Ex Studio</p>
<p> <b>LES MILLS BODYCOMBAT</b> 8:00AM - 9:00AM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 7:45AM - 8:15AM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 7:45AM - 8:30AM Group Ex Studio</p>	<p> <b>LES MILLS BODYATTACK</b> 7:45AM - 8:30AM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 10:30AM - 11:30AM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>ATHLETIC</b> 11:40AM - 12:10PM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 11:40AM - 12:40PM Group Ex Studio</p>
<p> <b>LES MILLS CORE</b> 10:05AM - 10:20AM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 8:20AM - 8:35AM Group Ex Studio</p>	<p> <b>LES MILLS SH'BAM</b> 8:30AM - 9:15AM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 10:30AM - 11:00AM Group Ex Studio</p>	<p> <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 12:10PM - 12:55PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>
<p> <b>LES MILLS CORE</b> 11:20AM - 11:35AM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 12:40PM - 12:55PM Group Ex Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 11:30AM - 12:30PM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 12:40PM - 12:55PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 2:00PM - 3:00PM Group Ex Studio</p>
<p> <b>LES MILLS BODYFLOW</b> 11:40AM - 12:40PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 2:05PM - 2:35PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 2:00PM - 3:00PM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>STRENGTH</b> 3:00PM - 3:30PM Group Ex Studio</p>
<p> <b>LES MILLS CORE</b> 12:40PM - 12:55PM Group Ex Studio</p>	<p> <b>LES MILLS BODYATTACK</b> 2:45PM - 3:30PM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 3:30PM - 4:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 2:10PM - 3:10PM Group Ex Studio</p>	<p> <b>LES MILLS BODYATTACK</b> 2:45PM - 3:30PM Group Ex Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 3:15PM - 3:45PM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 3:30PM - 4:00PM Group Ex Studio</p>
<p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Ex Studio</p>	<p> <b>LES MILLS barre</b> 3:40PM - 4:10PM Group Ex Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 4:15PM - 5:00PM Group Ex Studio</p>	<p> <b>LES MILLS BODYATTACK</b> 3:30PM - 4:15PM Group Ex Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 4:00PM - 4:45PM Group Ex Studio</p>		
<p> <b>LES MILLS BODYATTACK</b> 2:00PM - 3:00PM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 4:30PM - 5:00PM Group Ex Studio</p>	<p> <b>LES MILLS SH'BAM</b> 7:40PM - 8:25PM Group Ex Studio</p>	<p> <b>LES MILLS GRIT</b>   <b>CARDIO</b> 4:15PM - 4:45PM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 4:50PM - 5:05PM Group Ex Studio</p>		
<p> <b>LES MILLS SH'BAM</b> 3:40PM - 4:25PM Group Ex Studio</p>	<p> <b>LES MILLS CORE</b> 5:00PM - 5:15PM Group Ex Studio</p>		<p> <b>LES MILLS BODYCOMBAT</b> 7:50PM - 8:50PM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 5:15PM - 6:15PM Group Ex Studio</p>		
<p> <b>LES MILLS CORE</b> 6:05PM - 6:20PM Group Ex Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 7:50PM - 8:50PM Group Ex Studio</p>					
<p> <b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:30PM Group Ex Studio</p>						
<p> <b>LES MILLS SH'BAM</b> 7:45PM - 8:30PM Group Ex Studio</p>						

