

Mount Carmel Fitness Center

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