

VIRTUAL

Group Exercise Schedule

	GROUP X STUDIO	CYCLE STUDIO	YOGA STUDIO
MON	4:30P BODYATTACK	9:00A RPM	
TUE	8:30A LESMILLS BARRE		
	6:45P BODYPUMP		4:30P BODYBALANCE
WED	4:30P BODYCOMBAT	NOON RPM	
THUR	8:30A BODYATTACK		
	6:45P BODYPUMP		4:30P BODYBALANCE
FRI	4:30P LESMILLS CORE	9:00A RPM	
SAT	3:00P BODYCOMBAT		
SUN		4:00P SPRINT	3:00P BODYBALANCE

CLASS DESCRIPTIONS

LESMILLS BODYATTACK (45MINS)– High-energy fitness class with a combination of athletic movements and strength exercises.

LESMILLS BARRE (30MINS)– A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

BODYPUMP (45MINS)– The original barbell workout for anyone looking to get lean, toned and fit - fast.

BODYCOMBAT (45MINS)– Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS CORE (30MINS)– Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

RPM (50MINS)– Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

SPRINT (30MINS)– 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.

BODYBALANCE (45MINS)– Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.