

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BODYFLOW 11am - 11:45am</p> <p>BODYPUMP 12pm - 1pm</p>	<p>BODYPUMP 11am - 11:45am</p> <p>RPM 12pm - 1pm</p>	<p>BODYFLOW 11am - 11:45am</p> <p>GRIT 12pm - 1pm</p>	<p>BODYPUMP 11am - 11:45am</p> <p>RPM 12pm - 1pm</p>	<p>BODYPUMP 12pm - 1pm</p>
<p>LES MILLS ONDEMAND</p>				<p>AVAILABLE FROM 5:30AM - 11AM AND 1PM - 8PM</p>

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CXWORX

Learn the basic moves and format of a LES MILLS CXWORX workout in this quick introduction.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
SH'BAM

Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

LES MILLS
GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS
GRIT | STRENGTH

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.