





























Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p>LES MILLS BODYCOMBAT 7:15AM - 8:15AM</p> <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p>LES MILLS CXWORX 12:30PM - 1:00PM</p> <p>LES MILLS BODYPUMP 2:00PM - 3:00PM</p>	<p>LES MILLS BODYCOMBAT 6:30AM - 7:00AM</p> <p>LES MILLS BODYPUMP 7:20AM - 8:05AM</p> <p>LES MILLS barre 10:45AM - 11:15AM</p> <p>BORN TO MOVE 11:30AM - 12:00PM</p> <p>LES MILLS BODYCOMBAT 12:15PM - 1:15PM</p> <p>LES MILLS GRIT CARDIO 2:00PM - 2:30PM</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p>LES MILLS BODYFLOW 7:15AM - 7:45AM</p> <p>LES MILLS barre 8:00AM - 8:30AM</p> <p>BORN TO MOVE 11:30AM - 12:30PM</p> <p>LES MILLS BODYFLOW 12:45PM - 1:45PM</p> <p>LES MILLS CXWORX 2:00PM - 2:30PM</p> <p>LES MILLS BODYCOMBAT 3:00PM - 4:00PM</p>	<p>LES MILLS BODYCOMBAT 6:30AM - 7:00AM</p> <p>LES MILLS BODYPUMP 7:20AM - 8:05AM</p> <p>LES MILLS GRIT CARDIO 10:45AM - 11:15AM</p> <p>BORN TO MOVE 11:30AM - 12:00PM</p> <p>LES MILLS barre 12:15PM - 12:45PM</p> <p>LES MILLS CXWORX 12:45PM - 1:15PM</p> <p>LES MILLS BODYPUMP 2:00PM - 3:00PM</p> <p>LES MILLS GRIT CARDIO 3:30PM - 4:00PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p>LES MILLS BODYCOMBAT 7:15AM - 8:15AM</p> <p>LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p> <p>LES MILLS BODYFLOW 2:15PM - 3:15PM</p> <p>BORN TO MOVE 3:30PM - 4:30PM</p> <p>LES MILLS CXWORX 4:30PM - 5:00PM</p>	<p>LES MILLS CXWORX 7:30AM - 8:00AM</p> <p>BORN TO MOVE 10:30AM - 11:30AM</p> <p>LES MILLS GRIT CARDIO 11:45AM - 12:15PM</p> <p>LES MILLS BODYPUMP 12:30PM - 1:15PM</p> <p>LES MILLS BODYFLOW 1:45PM - 2:45PM</p> <p>LES MILLS BODYCOMBAT 3:30PM - 4:30PM</p>	<p>LES MILLS BODYPUMP 7:30AM - 8:30AM</p> <p>BORN TO MOVE 10:00AM - 11:00AM</p> <p>LES MILLS GRIT CARDIO 11:35AM - 12:05PM</p> <p>LES MILLS CXWORX 12:10PM - 12:40PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:15AM - 5:45AM	 5:00AM - 5:30AM	 5:15AM - 5:45AM	 5:00AM - 5:30AM	 5:15AM - 5:45AM	 12:00PM - 12:30PM	 12:00PM - 12:30PM
 6:30AM - 7:00AM	 9:00AM - 9:50AM	 6:30AM - 7:00AM	 9:00AM - 9:50AM	 11:00AM - 11:30AM	 1:30PM - 2:20PM	 1:30PM - 2:20PM
 7:30AM - 8:00AM	 12:30PM - 1:00PM	 9:30AM - 10:00AM	 12:30PM - 1:00PM	 1:15PM - 1:45PM	 3:00PM - 3:50PM	 2:30PM - 3:00PM
 1:15PM - 1:45PM	 3:05PM - 3:35PM	 1:15PM - 1:45PM  6:00PM - 6:30PM	 3:05PM - 3:35PM		 4:00PM - 4:30PM	 3:30PM - 4:20PM

barre

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

BODYCOMBAT

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

BODYFLOW

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

BODYPUMP

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

BORN TO MOVE

Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills.

BORN TO MOVE

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

CXWORX

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

GRIT | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

RPM

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

sprint

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.

Five Points Washington