

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS sprint 6:30AM - 7:00AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS RPM 9:00AM - 9:50AM</p> <p>LES MILLS sprint 12:30PM - 1:00PM</p> <p>LES MILLS sprint 3:05PM - 3:35PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS sprint 6:30AM - 7:00AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS sprint 9:30AM - 10:00AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p> <p>LES MILLS sprint 6:00PM - 6:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS RPM 9:00AM - 9:50AM</p> <p>LES MILLS sprint 12:30PM - 1:00PM</p> <p>LES MILLS sprint 3:05PM - 3:35PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS sprint 11:00AM - 11:30AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p>	<p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS sprint 12:00PM - 12:30PM</p> <p>LES MILLS RPM 1:30PM - 2:20PM</p> <p>LES MILLS RPM 3:00PM - 3:50PM</p> <p>LES MILLS sprint 4:00PM - 4:30PM</p>	<p>LES MILLS sprint 12:00PM - 12:30PM</p> <p>LES MILLS RPM 1:30PM - 2:20PM</p> <p>LES MILLS sprint 2:30PM - 3:00PM</p> <p>LES MILLS RPM 3:30PM - 4:20PM</p>

barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LESMILLS BODYCOMBAT

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

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYFLOW

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

LESMILLS BODYPUMP

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

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BORN TO MOVE

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

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BORN TO MOVE

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

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LESMILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS RPM

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

LESMILLS RPM

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

LESMILLS 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