

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODY PUMP 5:30AM - 6:30AM</p> <p> LES MILLS BODY COMBAT 7:15AM - 8:15AM</p> <p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p> LES MILLS CORE 12:30PM - 1:00PM</p> <p> LES MILLS BODY PUMP 2:00PM - 3:00PM</p>	<p> LES MILLS BODY COMBAT 6:30AM - 7:00AM</p> <p> LES MILLS BODY PUMP 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 BODY COMBAT 12:15PM - 1:15PM</p> <p> LES MILLS GRIT CARDIO 2:00PM - 2:30PM</p> <p> LES MILLS BODY PUMP 3:00PM - 4:00PM</p>	<p> LES MILLS BODY PUMP 5:30AM - 6:30AM</p> <p> LES MILLS BODY FLOW 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 BODY FLOW 12:45PM - 1:45PM</p> <p> LES MILLS CORE 2:00PM - 2:30PM</p> <p> LES MILLS BODY COMBAT 3:00PM - 4:00PM</p>	<p> LES MILLS BODY COMBAT 6:30AM - 7:00AM</p> <p> LES MILLS BODY PUMP 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 CORE 12:45PM - 1:15PM</p> <p> LES MILLS BODY PUMP 2:00PM - 3:00PM</p> <p> LES MILLS GRIT CARDIO 3:30PM - 4:00PM</p>	<p> LES MILLS BODY PUMP 5:30AM - 6:30AM</p> <p> LES MILLS BODY COMBAT 7:15AM - 8:15AM</p> <p> LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p> <p> LES MILLS BODY FLOW 2:15PM - 3:15PM</p> <p> BORN TO MOVE 3:30PM - 4:30PM</p> <p> LES MILLS CORE 4:30PM - 5:00PM</p>	<p> LES MILLS CORE 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 BODY PUMP 12:30PM - 1:15PM</p> <p> LES MILLS BODY FLOW 1:45PM - 2:45PM</p> <p> LES MILLS BODY COMBAT 3:30PM - 4:30PM</p>	<p> LES MILLS BODY PUMP 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 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>Personal Training 4:30PM - 5:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>Personal Training 9:00AM - 10:00AM</p> <p>LES MILLS RPM 10:15AM - 11:05AM</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>Personal Training 4:30PM - 5:30PM</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 sprint 8:00AM - 8:30AM</p> <p>Personal Training 9:00AM - 10:00AM</p> <p>LES MILLS RPM 10:15AM - 11:05AM</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>



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

Five Points Washington