

































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 CORE 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> 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 - 8:00AM</p> <p> LES MILLS barre 8:00AM - 8:30AM</p> <p> BORN TO MOVE 11:45AM - 12:30PM</p> <p> LES MILLS BODYFLOW 12:45PM - 1:15PM</p> <p> LES MILLS CORE 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 barre 10:30AM - 11:00AM</p> <p> BORN TO MOVE 11:30AM - 12:00PM</p> <p> LES MILLS GRIT CARDIO 12:15PM - 12:45PM</p> <p> LES MILLS CORE 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 BODYFLOW 12:45PM - 1:15PM</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 CORE 4:30PM - 5:00PM</p>	<p> LES MILLS CORE 7:00AM - 7:30AM</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 CORE 12:10PM - 12:40PM</p>

Virtual Class Schedule 9/6/2021

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



Children will develop self-awareness, balance, coordination and concentration skills as they interpret music, explore and move to a beat.



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

Five Points Washington