
































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

# Virtual Class Schedule 11/8/2021

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