

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p> <b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:15AM - 8:15AM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 12:00PM - 12:30PM</p> <p> <b>LES MILLS CORE</b> 12:30PM - 1:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 2:00PM - 3:00PM</p> <p> <b>LES MILLS BODYATTACK</b> 3:30PM - 4:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 7:00PM - 7:45PM</p>	<p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:00AM</p> <p> <b>LES MILLS BODYPUMP</b> 7:20AM - 8:05AM</p> <p> <b>LES MILLS BODYATTACK</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS barre</b> 10:30AM - 11:00AM</p> <p> <b>BORN TO MOVE</b> 11:30AM - 12:00PM</p> <p> <b>LES MILLS BODYCOMBAT</b> 12:15PM - 1:15PM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 2:00PM - 2:30PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:00PM - 4:00PM</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p> <b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p> <b>LES MILLS BODYBALANCE</b> 7:15AM - 8:00AM</p> <p> <b>LES MILLS barre</b> 8:00AM - 8:30AM</p> <p> <b>BORN TO MOVE</b> 11:45AM - 12:30PM</p> <p> <b>LES MILLS BODYBALANCE</b> 12:45PM - 1:15PM</p> <p> <b>LES MILLS BODYATTACK</b> 1:30PM - 2:00PM</p> <p> <b>LES MILLS CORE</b> 2:00PM - 2:30PM</p> <p> <b>LES MILLS BODYCOMBAT</b> 3:00PM - 4:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 7:00PM - 7:45PM</p>	<p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:00AM</p> <p> <b>LES MILLS BODYPUMP</b> 7:20AM - 8:05AM</p> <p> <b>LES MILLS barre</b> 10:30AM - 11:00AM</p> <p> <b>BORN TO MOVE</b> 11:30AM - 12:00PM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 12:15PM - 12:45PM</p> <p> <b>LES MILLS CORE</b> 12:45PM - 1:15PM</p> <p> <b>LES MILLS BODYPUMP</b> 2:00PM - 3:00PM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 3:30PM - 4:00PM</p> <p> <b>BORN TO MOVE</b> 4:15PM - 5:00PM</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p> <b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:15AM - 8:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 12:45PM - 1:15PM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 1:30PM - 2:00PM</p> <p> <b>LES MILLS BODYBALANCE</b> 2:15PM - 3:15PM</p> <p> <b>BORN TO MOVE</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS CORE</b> 4:30PM - 5:00PM</p>	<p> <b>LES MILLS BODYATTACK</b> 6:15AM - 6:45AM</p> <p> <b>LES MILLS CORE</b> 7:00AM - 7:30AM</p> <p> <b>BORN TO MOVE</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS GRIT   CARDIO</b> 11:45AM - 12:15PM</p> <p> <b>LES MILLS BODYPUMP</b> 12:30PM - 1:15PM</p> <p> <b>LES MILLS BODYBALANCE</b> 1:45PM - 2:45PM</p> <p> <b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:30PM</p>	<p> <b>LES MILLS BODYPUMP</b> 7:30AM - 8:30AM</p> <p> <b>LES MILLS BODYATTACK</b> 8:45AM - 9:15AM</p> <p> <b>LES MILLS CORE</b> 10:30AM - 11:00AM</p> <p> <b>LES MILLS BODYBALANCE</b> 11:00AM - 11:45AM</p> <p> <b>LES MILLS CORE</b> 1:15PM - 2:00PM</p> <p> <b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:30PM</p> <p> <b>LES MILLS CORE</b> 3:30PM - 4:00PM</p> <p> <b>LES MILLS BODYBALANCE</b> 4:00PM - 5:00PM</p>

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

**LES MILLS**  
**BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

**LES MILLS**  
**BODYBALANCE**

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

**LES MILLS**  
**BODYBALANCE**  
INTRODUCTION

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

**LES MILLS**  
**CORE**

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

**LES MILLS**  
**GRIT | STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.

## Five Points Washington