


















































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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</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 CORE 5:30AM - 6:00AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS sprint 8:30AM - 9:00AM</p> <p>LES MILLS RPM 9:05AM - 9:55AM</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 RPM 4:30PM - 5:20PM</p> <p>LES MILLS RPM 6:00PM - 6:50PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</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 sprint 6:00PM - 6:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS CORE 5:30AM - 6:00AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS RPM 9:15AM - 10:05AM</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 RPM 4:30PM - 5:20PM</p> <p>LES MILLS RPM 6:00PM - 6:50PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</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 1:30PM - 2:00PM</p> <p>LES MILLS RPM 2:30PM - 3:20PM</p>



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



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



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



High-intensity interval training that improves cardiovascular fitness.



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

Five Points Washington