

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> 12:30PM - 1:10PM</p> <p> <b>LES MILLS BODYBALANCE</b> 1:30PM - 2:00PM</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> 12:30PM - 1:05PM</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> 12:30PM - 1:05PM</p> <p> <b>LES MILLS BODYBALANCE</b> 1:30PM - 2:00PM</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 GRIT   CARDIO</b> 8:30AM - 9:00AM</p> <p> <b>LES MILLS BODYBALANCE</b> 12:45PM - 1:20PM</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 - 4:05PM</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 GRIT   CARDIO</b> 3:30PM - 4:00PM</p> <p> <b>LES MILLS barre</b> 4:00PM - 4:30PM</p>

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

## barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

## barre

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

## **BODYATTACK**

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

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## **BODYBALANCE**

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

## **BODYBALANCE**

Be guided through 35-minutes of easy-to-follow BODYBALANCE.

## **BODYBALANCE**

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

## **BODYBALANCE**

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

## **BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

## **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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## **BORN TO MOVE**

Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills

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## **BORN TO MOVE**

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

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## **CORE**

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

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Core conditioning workout targeting all the muscles around the core. A strong core makes

us better at everything we do.

## **GRIT |** **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

## **GRIT |** **STRENGTH**

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



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

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

## Five Points Washington