Virtual Class Schedule 10/9/23

5:30AM - 6:30AM LesMills **OCORE** 6:35AM - 7:05AM LesMills 7:15AM - 8:15AM 12:00PM - 12:30PM LesMills **OCORE** 12:30PM - 1:00PM LesMills 2:00PM - 3:00PM

Monday

LesMills

LesMills $oldsymbol{\Theta}$ BODYATTACK 3:30PM - 4:00PM

LesMills 7:00PM - 7:45PM

LesMills **D** BODYCOMBAT 6:30AM - 7:00AM LesMills $oldsymbol{\Theta}$

BODYATTACK 9:30AM - 10:15AM

Obarre 10:30AM - 11:00AM

12:30PM - 1:10PM LesMills

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BODYBALANCE 1:30PM - 2:00PM

Tuesdav

2:00PM - 2:30PM

3:00PM - 3:45PM

Wednesdav LesMills 5:30AM - 6:30AM

LesMills **OCORE**

6:35AM - 7:05AM LesMills $oldsymbol{\Theta}$ BODYBALANCE 7:15AM - 8:00AM





12:30PM - 1:05PM LesMills $oldsymbol{\Theta}$ BODYATTACK 1:30PM - 2:00PM

LesMills OCORE 2:00PM - 2:30PM



LesMills 7:00PM - 7:45PM

LesMills **D BODYCOMBAT** 6:30AM - 7:00AM

Thursday

LesMills 7:15AM - 8:00AM

barre $oldsymbol{\Theta}$ 10:30AM - 11:00AM

12:30PM - 1:05PM

O

LesMills BODYBALANCE

1:30PM - 2:00PM LesMills

2:00PM - 3:00PM

3:30PM - 4:00PM

4:15PM - 5:00PM

3:30PM - 4:05PM LesMuis **OCORE** 4:30PM - 5:00PM

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LesMills

LesMills

OCORE

LesMills

5:30AM - 6:30AM

6:35AM - 7:05AM

7:15AM - 8:15AM

8:30AM - 9:00AM

12:45PM - 1:20PM

1:30PM - 2:00PM

2:15PM - 3:15PM

Saturday LesMills Θ BODYATTACK 6:15AM - 6:45AM

LesMills **OCORE**

7:00AM - 7:30AM

10:30AM - 11:30AM

11:45AM - 12:15PM

LesMills **BODYPUMP** 12:30PM - 1:15PM

1:45PM - 2:45PM

3:30PM - 4:30PM



Sunday

Studio 3



LesMills Θ BODYATTACK 8:45AM - 9:15AM

LesMills **OCORE** 10:30AM - 11:00AM

LesMills

11:00AM - 11:45AM

OCORE 1:15PM - 2:00PM

2:00PM - 2:30PM

3:30PM - 4:00PM



LesMills

Virtual Class Schedule 10/9/23

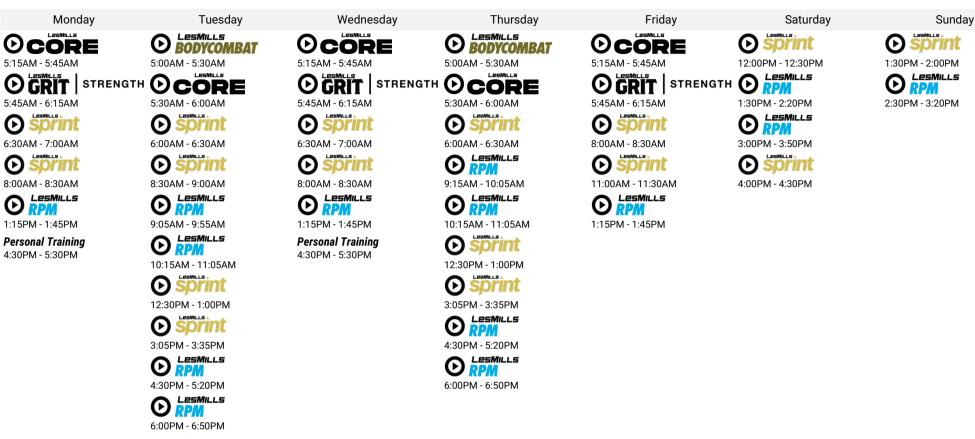
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Obarre

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

Obarre

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



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



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



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

BODYBALANCE.

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

D B Be guided through 35-minutes of easy-to-follow

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



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

mind, body and life. Focusing on strength.

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

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

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

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



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



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

us better at everything we do.

cardiovascular fitness.

High-intensity interval training that improves



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.

> Five Points Washington